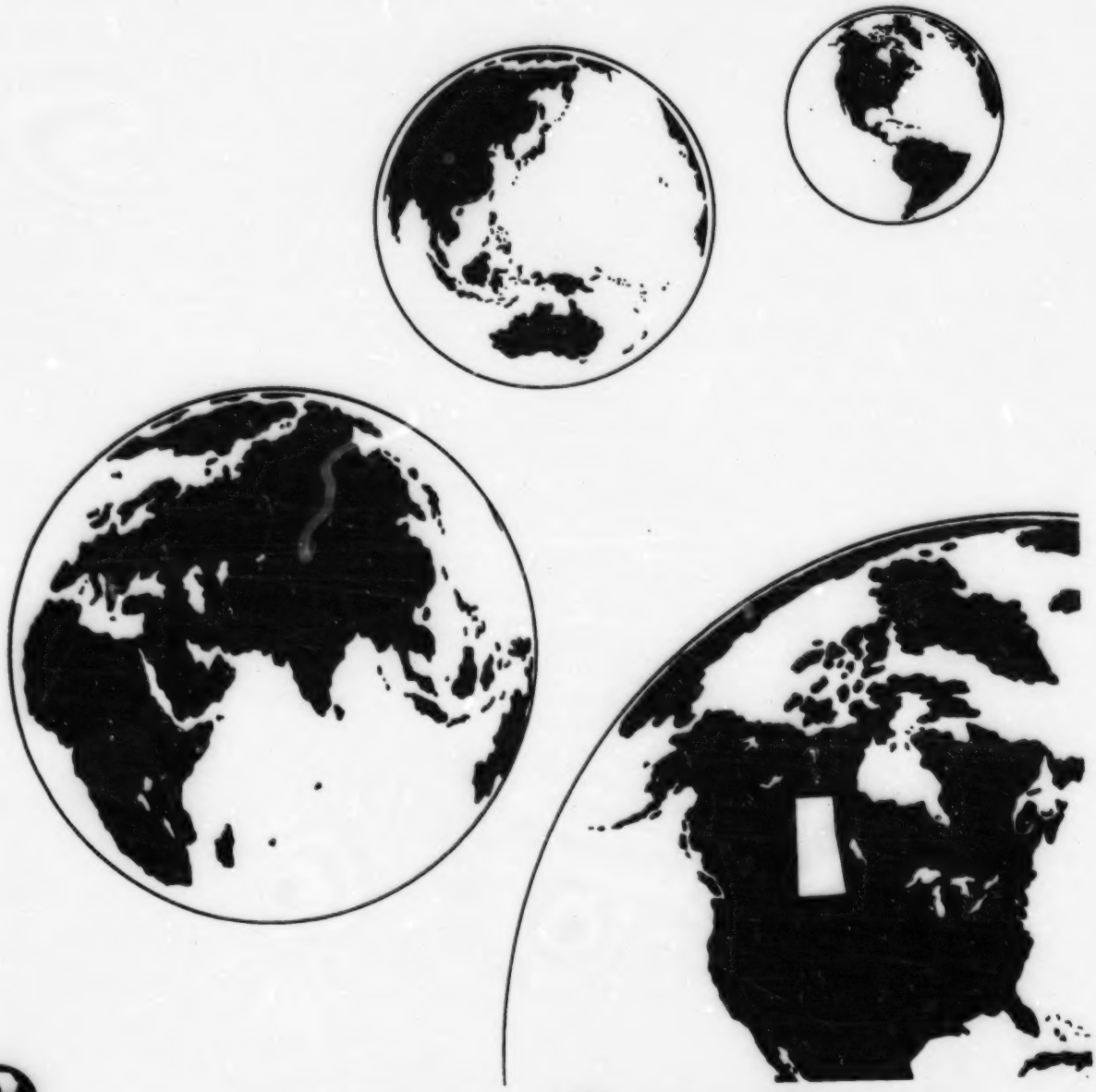
Saskatchewan
Learning

Psychology 20 and 30: A Bibliography for Social Psychology and Human Development



2002

Recycled Paper

Psychology 20 and 30: A Bibliography for Social Psychology and Human Development

Prepared by:
Instructional Resources Unit
Curriculum and Instruction Branch
Saskatchewan Learning
2002

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Psychology 20 and 30: A bibliography for social psychology and human development

Includes indexes.

1. Psychology – Bibliography
2. Social Psychology – Bibliography
3. Development Psychology – Bibliography

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Foreword

This publication lists learning resource materials that have been evaluated by Saskatchewan educators and are considered appropriate to support *Psychology 20 and Psychology 30*. The purpose of this list is to provide teachers with suggested starting points for building a wide range of suitable instructional materials.

These titles are offered only as suggestions; teachers are encouraged to investigate other applicable resources and to select additional suitable materials.

This document is also available on the Saskatchewan Learning website at the following address:

http://www.sasked.gov.sk.ca/curr_inst/iru/onlbib.html **or** http://www.sasked.gov.sk.ca/docs/social.html

Resource-Based Learning

The items listed are intended to promote the philosophy of resource-based learning, in which the students gain knowledge and understandings through a variety of resources and instructional approaches. This multi-resource approach provides students with opportunities to interact with a wide range of current materials to suit varied learning styles.

Teachers are reminded that resource-based courses of study can be enhanced through the use of additional materials such as the following:

- newspapers and magazines
- pamphlets, brochures, television and radio programming
- environmental print, such as posters
- Internet sites
- public library collections.

It is important that human resources be accessed as well. Every community has capable people who can enrich educational experiences.

Background Review: Selection Policy and Criteria for Selection

This list provides suggestions for resources; however, it remains the responsibility of classroom teachers, in consultation with teacher-librarians, to preview and select materials. Selection should be based on the objectives and philosophy of the curriculum guidelines, students' interests and abilities, students' prior knowledge and experience and the interests or needs of the community.

As well, material should be considered in terms of the following characteristics:

- literary quality
- cultural relevance and accuracy
- country of origin
- equity regarding gender, abilities, age and race
- accuracy
- ease of reading
- relevance to current issues
- adaptability.

Each school division is responsible for developing its own materials selection policy in order to address the particular needs of students and teachers in that division. Materials should be chosen in accordance with the school division's materials selection policy. Several Saskatchewan Learning publications available from Saskatchewan Learning Resources Distribution Centre **(LRDC)** provide further assistance in the selection process. These include the following:

Diverse Voices: Selecting Equitable Resources for Indian and Métis Education, 1992 - suggests strategies for recognizing and dealing with bias in resources.

Indian and Métis Education Policy From Kindergarten to Grade XII, 1995 - provides rationale and guidelines for integrating Indian and Métis materials into curricula.

Learning Resource Centres in Saskatchewan: A Guide for Development, 1988 - provides guidance for developing a selection policy and suggests criteria for selection.

Multicultural Education and Heritage Language Education Policies, 1994 - provides a rationale for integrating multicultural materials into curricula.

Selecting Fair and Equitable Materials, 1991 - suggests strategies useful for recognition of bias and stereotypes.

Please note that LRDC will be closing effective March 31, 2003. If you need assistance with acquiring Saskatchewan Learning documents after that date, please contact 787-5987.

Analyzing Present Resources

This list should be cross-referenced with the school resource centre catalogue in order to identify suitable resources already present in the school library collection.

The Media Index and the Index of Suggested Uses are useful checklists for identifying resources already present in the school library collection. Teachers may use these indexes to ensure a balance of print and non-print resources within each module.

Materials in the present collection should be assessed based on the needs of the course, the community, the students and teachers.

Resource needs not met by the present collection could be identified by the teachers and teacher-librarian working together. Some materials may be useful for several grade levels. Teachers are encouraged to coordinate materials selection at the school or school division level.

Previewing Resources

Teachers and teacher-librarians are urged to preview materials carefully before suggesting them for classroom use, and they are advised to refer to their school division's selection policy for guidance in making choices about materials.

If schools have not been able to preview the materials prior to purchase, it is advisable to order only one copy to review before placing orders for multiple copies. Return policies vary from company to company, but if inappropriate materials have to be returned, they must be in saleable condition.

Purchasing Resources

Schools interested in purchasing resources (except videos) from this list should contact **LRDC** or order them from the distributors cited in the distributor directory.

Resources that **LRDC** has in stock have been given an order number **(Order no.)** rather than an ISBN. Other items can be special ordered through **LRDC**. Orders to **LRDC** can be placed by phone (306) 787-5987, fax 1-800-668-9747 or online at the following address:

http://lrdc.sasked.gov.sk.ca

Prices quoted are subject to change and do not include taxes, but will serve as a guide to approximate costs. **LRDC** prices include shipping and handling fees.

Please note that LRDC will be closing effective March 31, 2003. If you need assistance with acquiring learning resources after that date, please contact the Instructional Resources Unit at 787-8621.

Videos

Videos listed are often available from **Media Group**. These videos are high quality programs that can be acquired at a nominal cost. For further information, please consult the Educational Video Duplication Service catalogue available from **Media Group**. Schools are responsible for postage, a duplication charge of $1.00 per title, blank tapes and applicable taxes. Blank tapes may be supplied by the school or purchased from **Media Group**. Please refer to the distributor directory for the addresses, fax and telephone numbers. **Media Group** provides online services at the following address:

http://videodb.mg.sk.ca/index.html

Please note that to show classic movies or other videos in the classroom legally, schools must obtain public performance rights. These public performance rights are cleared for programs available from **Media Group** as well as for videos that are listed for sale in Saskatchewan Learning's bibliographies. If educators are unsure whether public performance rights are available for a video that is not included in a Saskatchewan Learning bibliography, the distributor should be contacted before using the video in the classroom.

Sometimes schools or school divisions choose to purchase a licence from a video collective. The benefit of having a licence is that teachers can show to their students any videos produced by the companies represented without violating copyright laws. If a general licence is purchased, teachers are responsible for renting or borrowing the videos. The distributor does not supply them.

Another option is for schools or school divisions to buy a single-title licence. This means that one copy of the video is supplied by the distributor and that teachers are allowed to show it to their students until the licence expires.

Examples of video collectives follow:

Audio Cine Films
1955 Cote-de-Liesse Rd
Suite 210
MONTREAL PQ H4N 3A8
Ph: (800) 289-8887
Fax: (514) 493-9058
E-mail: info@acf-film.com
NETSITE: http://www.acf-film.com

Visual Education Centre
41 Horner Ave, Unit 3
TORONTO ON M8Z 4X4
Ph: (800) 668-0749
Fax: (416) 251-3720
E-mail: cmcdonald@media2.criterionpic.com
NETSITE: http://www.visualed.com

Online Databases: Infotrac, Ebscohost, CBCA/Repère

Saskatchewan Learning offers a number of on-line databases for periodicals and newspapers. Online databases are a powerful tool to assist teachers with the integration of technology into teaching and learning. The databases provide teachers and students with access to the **most current information** on any given topic/subject area. Canadian content is featured in ***Canadian Business and Current Affairs (CBCA/Repère-French)***, Infotrac's ***Canadian Periodical Index Quarterly (CPIQ)***, and Ebscohost's ***Canadian Newspaper Source***. The databases are located at the following address:

http://www.sasked.gov.sk.ca/docs/infotrac.html

To access the online databases, educators need to click on their region and enter the appropriate password. If they need the password, they should contact the teacher-librarian, local Resource-based Learning Consultant or Saskatchewan Learning at (306) 787-4431.

Internet Sites

Saskatchewan Learning is providing a forum through its homepage on the World Wide Web for teachers to share educationally appropriate Internet sites.

If teachers wish to suggest new Internet sites or evaluate websites that have been suggested by other teachers, they may do so at the following address:

http://www.sasked.gov.sk.ca/cgi-bin/urldb/urlreview

Information on sites that are highly recommended will be shared with teachers. Saskatchewan Learning will list the sites recommended for curriculum support at the following address:

http://www.sasked.gov.sk.ca/cgi-bin/urldb/urlsearch

Saskatchewan Learning also provides links to other provincial and territorial education websites at the following address:

http://www.sasked.gov.sk.ca/curr_inst/ltech/links.html

The discussion area for Social Sciences can be found at the following address:

http://www.sasked.gov.sk.ca/docs/discussion.html

Examples of Appropriate Internet Sites for Psychology 20 and Psychology 30

If teachers are unsure about the reliability of the information found at a website, they should compare the author's claims and evidence with other sources with which they are familiar. When in doubt, teachers should choose only the sites that list the authors' and/or contributors' names along with the title. If the site does not identify contributors and authors, the information found at the site might not be reliable.

The following Internet sites provide a very brief overview of what is available. It is recommended that a careful screening and evaluation of each site be undertaken prior to using it. These sites were checked for availability on June 17, 2002.

Psychology 20

American Psychological Association
http://www.apa.or g

Brain Connection
http://www.brainconnection.com

Canadian Mental Health Association, Saskatchewan
http://www.cmhask.com

Canadian Psychology Association
http://www.cpa.ca/contents.html

Cults and Psychological Manipulation
http://www.csj.org

Mental Health - Health Canada
http://www.hc-sc.gc.ca/hppb/mentalhealth

Mental Health Disorders
http://www.mentalhealth.com/fr20.html

Mental Health Web Portal - Self Help Magazine
http://www.shpm.com

Psychology 30

Aboriginal Head Start - Health Canada
http://www.hc-sc.gc.ca/hppb/childhood-youth/acy/ahs.htm

Adoption
http://adoption.about.com/parenting/adoption/library/writers/blprose.htm

American Academy of Pediatrics
http://www.aap.org/family/medemredirect.htm

American Academy of Child & Adolescent Psychiatry
http://www.aacap.org

American Psychological Association
http://www.apa.org

Baby Centre
http://www.babycenter.com/

Canadian Psychology Association
http://www.cpa.ca/contents.html

Childcare Resource and Research Unit
http://www.childcarecanada.org

Childhood and Adolescence Website - Health Canada
http://www.hc-sc.gc.ca/hppb/childhood-youth

Developmental Psychology
http://www.apa.org/journals/dev.html

I Am Your Child
http://www.iamyourchild.org/toc.html

Mental Health - Health Canada
http://www.hc-sc.gc.ca/hppb/mentalhealth

Parents Place
http://parentsplace.com

Psychology and Aging
http://www.apa.org/journals/pag.html

Safe Motherhood
http://www.safemotherhood.org

Saskatchewan Institute on Prevention of Handicaps
http://www.preventioninstitute.sk.ca

Zero to Three's
http://www.zerotothree.org

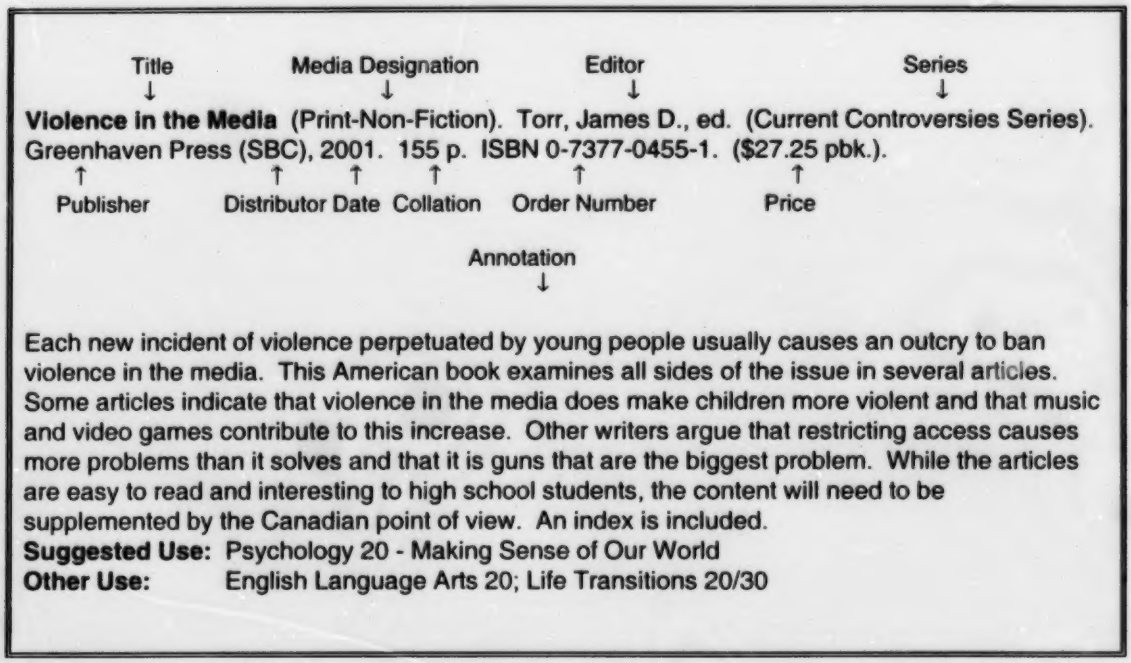
Virus Alert

When downloading files and applications, Internet users should be aware of the danger of viruses. Downloaded files and applications should always be scanned using an anti-virus utility. It is also advisable to purchase updates to the anti-virus utility regularly. These updates identify the new viruses as well as the old.

How to Use the Bibliography

Titles and Descriptions

An example of a citation for print follows:


Title
Media Designation
Editor
Series
Violence in the Media (Print-Non-Fiction). Torr, James D., ed. (Current Controversies Series).
Greenhaven Press (SBC), 2001. 155 p. ISBN 0-7377-0455-1. ($27.25 pbk.).
Publisher
Distributor
Date
Collation
Order Number
Price
Annotation
Each new incident of violence perpetuated by young people usually causes an outcry to ban violence in the media. This American book examines all sides of the issue in several articles. Some articles indicate that violence in the media does make children more violent and that music and video games contribute to this increase. Other writers argue that restricting access causes more problems than it solves and that it is guns that are the biggest problem. While the articles are easy to read and interesting to high school students, the content will need to be supplemented by the Canadian point of view. An index is included.
Suggested Use: Psychology 20 - Making Sense of Our World
Other Use: English Language Arts 20; Life Transitions 20/30

The abbreviation **hdc.** denotes hardcover edition; **pbk.** denotes paperback edition.

The abbreviation **unp.** denotes unpaged; **n.d.** denotes that no copyright date is available.

ISBN denotes the International Standard Book Number, usually the order number.

Dup. is an abbreviation indicating that a video is available for duplication from **Media Group**.

(CAN) indicates that the resource includes Canadian content.

(I/M) indicates that the resource includes substantial Indian, Inuit or Métis content.

(SK) indicates that the resource includes Saskatchewan content.

Suggested Use provides suggestions for the units that the resource best supports.

Unless suggested for use as a teacher reference, all resources are appropriate for students.

Other Use indicates the other subject area(s) and level(s) that the resource **has previously been recommended** for in Saskatchewan Learning bibliographies.

(LRDC) indicates that the resource is stocked by **LRDC** and can be ordered directly, using the order number given.

Please note that LRDC will be closing effective March 31, 2003. If you need assistance with acquiring learning resources after that date, please contact the Instructional Resources Unit at 787-8621.

Index of Suggested Uses

Titles are listed alphabetically according to the units that they best support. Teacher references and general reference materials are also included in this index.

Media Index

Titles are listed alphabetically under each media designation.

Distributor Directory

The abbreviations enclosed in parentheses following the publisher or producer represent the distributor. The full names, addresses (including e-mail and websites where available), fax and phone numbers of these companies are given in this section. Please note that some distributors provide a toll-free phone number.

Titles and Descriptions

A to Z of Child Development: From Birth to Five Years (Print-Non-Fiction). Woolfson, Richard C. Stoddart Publishing Co. Ltd. (GDS), 1995. 258 p. ISBN 0-7737-5726-0 ($8.95 pbk.).

(CAN) Written for the British market and edited for Canada, this resource provides an excellent overview of numerous questions that parents may have about their child's development. The book is concise and easy to read. It gives ideas for action as well as introductory information regarding child development.
Suggested Use: Psychology 30 - Early Childhood, Infancy

Aboriginal Elders and Community Workers in Schools: A Guide for School Divisions and Their Partners (Print-Non-Fiction). Saskatchewan Learning (SSR), 2001. 52 p. ISBN 1-894116-58-5 ($FREE pbk.).

(I/M, SK) The inclusion of Elders and other aboriginal resource people in the school program is a beneficial component for many curricula. This resource will help to facilitate that process. Background information is provided about the benefits of involving Elders, the traditional role of an aboriginal Elder and some of the traditional ceremonies. The majority of the resource stresses the importance of creating a policy to facilitate the program and gives several examples of policies from school divisions.

This resource was distributed to all schools in 2001, but additional copies are available from the Planning, Evaluation and Children's Services Branch of Saskatchewan Learning.
Suggested Use: Psychology 20 - Cross-Cultural Perspectives
Psychology 30 - Cross-Cultural Perspectives
Other Use: Canadian Studies; Forestry Studies; Social Studies: Elementary Level; Social Studies: Grade 6; Social Studies: Grades 7-9; Social Studies 10/History 10; Social Studies 20/History 20

Addiction (Print-Non-Fiction). Hurley, Jennifer A., ed. (Opposing Viewpoints Series). Greenhaven Press **(LRDC),** 2000. 192 p. Order no. 2459 ($23.80 pbk.).

Titles in this series are very useful for encouraging dialectic discussions. Book articles from *The Opposing Viewpoints Series* are used to examine addictions. The causes of addiction, the seriousness of the problem, its treatment and the role of the government are the main areas discussed. When applying social psychology to the real world, this title will be of use. An index is included.
Suggested Use: Psychology 20 - Acting and Interacting in a Social World
Other Use: Life Transitions 20/30

Adolescent Portraits: Identity, Relationships, and Challenges. 4th ed. (Print-Non-Fiction). Garrod, Andrew, et al. Allyn & Bacon Canada (PRN), 2002. 319 p. ISBN 0-205-33171-8 ($51.95 pbk.).

This fascinating collection of case studies presents a glimpse into the world of adolescent psychology. Eighteen case studies examine adolescents struggling to come to terms with their identity through gender, work, values, ethnicity and sexuality. The area of relationships is covered through articles related to families and peers. While some of the case studies offer an interpretation and follow up, most of them do not and can be used to encourage discussion in class. While the book has been written for a university psychology class, the cases are easy to read and will be useful to a high school class as well. Due to the mature content of some of the cases, a careful screening is advised.
Suggested Use: Psychology 20 - Making Sense of Our World, Who Am I?, Teacher Reference
Psychology 30 - Adolescence, Teacher Reference
Other Use: Life Transitions 20/30

Advertising and the End of the World (Video). Media Education Foundation (KIN), 1998. 46 min. Order no. 2259/0685 ($209.00).

Advertising has become a very strong force in creating an unreal world. This video provides challenging ideas and powerful images about consumerism, advertising and the impact that they are having on our society and its future.

Previewing of this video is recommended to ensure that it fits with local selection policies.
Suggested Use: Psychology 20 - Making Sense of Our World
Other Use: Social Studies 20/History 20

Advertising: Information or Manipulation? (Print-Non-Fiction). Day, Nancy. (Issues in Focus Series). Enslow Publishers, Inc. **(LRDC),** 1999. 128 p. Order no. 18613 ($34.75 hdc.).

One of the greatest influences on students today is examined in this American critique. The book traces the history of advertising, and then it focuses on the impact of deceptive advertising on young people. An emphasis is placed on educating students to be more aware of how the messages are manipulative. Several photographs are used to illustrate the concepts being discussed. An index and a glossary are included.
Suggested Use: Psychology 20 - Making Sense of Our World
Other Use: Life Transitions 20/30; Social Studies: Grades 7-9; Social Studies 10/History 10; Social Studies 20/History 20

Alcoholism (Print-Non-Fiction). Torr, James D., ed. (Current Controversies Series). Greenhaven Press (SBC), 2000. 202 p. ISBN 0-7377-0138-2 ($27.25 pbk.).

Similar to other books in this series, a number of opposing viewpoints are presented to highlight the different opinions that exist around alcoholism. While everyone recognizes that alcoholism is a serious problem, the controversies dealt with in this book focus on the issues surrounding the use of alcohol. Issues such as whether alcoholism is a disease, the effectiveness of Alcoholics Anonymous, the power of advertising and the role of government are addressed. An index is included.
Suggested Use: Psychology 20 - Acting and Interacting in a Social World
Other Use: Life Transitions 20/30

Anorexia (Print-Non-Fiction). Leone, Daniel A., ed. (At Issue Series). Greenhaven Press (SBC), 2001. 73 p. ISBN 0-7377-0467-5 ($22.10 pbk.).

This short volume contains several excellent articles discussing the controversies that surround anorexia. Not only do the articles provide a quick grounding in the issue, but they also encourage critical thinking skills. Using case studies, the signs of anorexia and the experiences of both male and female victims are discussed. Other articles are written by experts in the field and discuss the causes, treatments and consequences. The articles are short, easy to read and relevant to high school students. An index is included.
Suggested Use: Psychology 20 - Acting and Interacting in a Social World, Who Am I?
Other Use: Life Transitions 20/30

Antisocial and Violent Youth: Research From Over 600 Experts in Easy to Read Format (Print-Non-Fiction). Shamsie, Jalal, Nicholl, Sorrel and Madsen, Kirsten C., eds. Lugus Publications **(LRDC)**, 1999. 381 p. Order no. 18112 ($41.90 pbk.).

(CAN) The number of studies done in psychology can be overwhelming. This resource has collected the key research related to children and violence. Articles from over 70 professional journals have been summarized and discussed in non-technical language. The hundreds of abstracts are grouped by topic into areas such as antisocial behaviour, aggressive behaviour, attention deficit hyperactivity disorder, neglect, substance abuse and suicide. Each of the abstracts presents the research procedure, the results and a brief comment. The subject index makes it easy to find research on anxiety, group therapy, medication or poverty.

This is an excellent resource for use by students and teachers.
Suggested Use: Psychology 20 - Acting and Interacting in a Social World, Who Am I? Psychology 30 - Adolescence, Middle Childhood

Aspects of Psychology Series (Print-Non-Fiction). McIlveen, Rob and Gross, Richard. Hodder & Stoughton Educational (BHU). Order numbers follow.

Recommended titles in this series include the following:

Adolescence, Adulthood and Old Age
ISBN 0-340-74896-6 ($12.95 pbk.)
Bodily Rhythms and States of Awareness
ISBN 0-340-74895-8 ($12.95 pbk.)
Memory
ISBN 0-340-74792-7 ($12.95 pbk.)
Perspectives in Psychology
ISBN 0-340-75347-1 ($17.95 pbk.)
Psychopathology
ISBN 0-340-78032-0 ($17.95 pbk.)
Social Influence
ISBN 0-340-74900-8 ($12.95 pbk.)
Therapeutic Approaches to Abnormal Behaviour
ISBN 0-340-74905-9 ($12.95 pbk.).

Each of these titles has been written for the high school psychology student. The series provides detailed, concise and highly accessible accounts of selected areas of psychological theory and research. In every book there are introductions to each chapter, several photographs, extensive use of charts, highlight boxes to reinforce key information and concluding summaries. The small paperback format of each title makes the series easier to use than most of the other general resources.
Suggested Use: General Psychology Resource

At Issue Series (Print-Non-Fiction). Please refer to the titles: *Anorexia* and *Teen Suicide*.

Beauty and the Beach (Video). Cinefocus **(MGR),** 1997. 53 min. Dup. order no. V6690 ($FREE).

(CAN) This program relates the history of women through swimwear styles and addresses the complex relationship between the bathing suit, social and cultural values, and women's body images. It features fashion designers, cartoonist Cathy Guisewaite, models and famous female swimmers. It discusses the effects of Hollywood and advertising on women's self-images. The program looks at historical conceptions of beauty and body image as reflected in bathing suit styles and related advertising images.
Suggested Use: Psychology 20 - Making Sense of Our World
Other Use: Arts Education: Secondary Level; English Language Arts 20; Life Transitions 20/30

Beginning Psychology. 5th ed. (Print-Non-Fiction). Hardy, Malcolm and Heyes, Steve. Oxford University Press (OUP), 1999. 387 p. ISBN 0-19-832821-4 ($26.50 pbk.).

Although this title avoids using a glossy format, the book presents the basic information a student will need to know about psychology. The small size of the book will also assist with its acceptance as a reference for student use. Similar to the other survey type books, this one also covers the topics of perception, memory, learning, social influences, personality, child-rearing styles, communication, stress and the nature/nurture debate. A few drawings and photographs are used to illustrate key areas. An index is included.
Suggested Use: General Psychology Resource

Being a Man: A Guide to the New Masculinity (Print-Non-Fiction). Fanning, Patrick and McKay, Mathew. New Harbinger Pubns. **(LRDC),** 1993. 278 p. Order no. 12288 ($19.65 pbk.).

In this teacher resource book, the authors provide an in-depth look at the issues

surrounding masculinity. The emphasis is on making long-term changes in thoughts, feelings and behaviours to help increase enjoyment in life. The book tells you what to do rather than what to think, and it provides step-by-step instructions for accomplishing goals. Relevant checklists and exercises are included in the book. Because this book addresses many controversial and sensitive subjects, it should be used with caution. Included are a table of contents and a list of additional references.
Suggested Use: Psychology 20 - Making Sense of Our World
Other Use: Life Transitions 20/30

Beyond the Looking Glass: Self-Esteem and Body Image (Video). Human Relations Media/HRM Video (MCI), 1994. 28 min. Order no. 600115-61 ($159.00).

This program provides students with the means to decipher and challenge the messages that they are receiving about their bodies from the media, their friends and their family. It explores some of the different influences on a person's identity, such as ethnicity, gender and the neighbourhood where he or she lives. Comments from teenagers, a family counsellor and a clinical psychologist are interspersed throughout the video. The message is clear: it is important for teens to understand themselves and to accept themselves.
Suggested Use: Psychology 20 - Making Sense of Our World
Psychology 30 - Adolescence
Other Use: Life Transitions 20/30

Binge Drinking: The Facts (Video). Human Relations Media/HRM Video (MCI), 1998. 24 min. Order no. 600171 ($159.00).

This award-winning video uses a fast-paced and interesting presentation to alert teens to the dangers of binge drinking. Alcohol poisoning, driving while impaired, unsafe sex, and date rape are some of the consequences presented. Teen survivors of these situations discuss their experiences.

The teacher's resource book and student worksheets are very useful.
Suggested Use: Psychology 20 - Acting and Interacting in a Social World
Psychology 30 - Adolescence

Boys Will Be Men: Raising Our Sons for Courage, Caring and Community (Print-Non-Fiction). Kivel, Paul. New Society Publishers **(LRDC),** 1999. 241 p. Order no. 18113 ($23.25 pbk.).

This is the type of resource that encourages students to think outside of the box. The author has taken the approach that the traditional gender socialization of boys in our society is a damaging influence. In his book, Kivel explores the forces that shape the hearts and minds of boys and young men in North America. Much of the book also discusses ways and means of helping boys to overcome the racism, homophobia, drugs, violence and pornography that have such a negative impact on our society. In effect, the book provides the courage for young men to step outside the "act like a man" stereotype and become gentle and caring. This is an excellent resource to generate discussion within the classroom. An index is provided.
Suggested Use: Psychology 20 - Making Sense of Our World
Psychology 30 - Adolescence, Early Childhood, Middle Childhood
Other Use: Life Transitions 20/30

Brain Sex (Episodes 1-3) (Video). Magic Lantern Communications Ltd. (MAG), 1992. Order no. 980-31-120 ($175.00).

This video certainly encourages discussion about female/male differences, but caution will be needed to make sure that stereotypes about male/female roles are not reinforced. The basic premise of the series is that differences between men and women are caused by brain chemistry. The first episode looks at the nature versus nurture debate; the second episode examines behavioural differences; the third episode discusses relationships.
Suggested Use: Psychology 20 - Making Sense of Our World, Who Am I?

Brain Story: Unlocking Our Inner World of Emotions, Memories, Ideas and Desires (Print-Non-Fiction). Greenfield, Susan. Dorling Kindersley, Inc. (CDS), 2001. 208 p. ISBN 0-7894-7839-0 ($45.00 hdc.).

Well-illustrated and well-written, this resource offers the latest research and theories concerning the workings of the brain. Originally written to accompany a television series, the book discusses many areas that have a popular interest. Where are memories stored? Are our brains a product of nurture or nature? Can thinking robots ever be built? These are just some of the topics covered in this entertaining work. An index and a glossary are included.
Suggested Use: Psychology 20 - Who Am I?

Brains That Work a Little Bit Differently: Recent Discoveries About Common Mental Diversities. 1st ed. (Print-Non-Fiction). Bragdon, Allen D. and Gamon, David. Brainwaves Books (BWV), 2000. 125 p. ISBN 0-916410-67-6 ($7.48 U.S. pbk.).

Dyslexia, attention deficit disorder, autism and left-handedness are just a few of the mental diversities that exist. What is the role of the brain in these diversities? In this work, the author discusses the most recent research into these diversities and makes it easily understood for the non-specialist. Highlight boxes of key information, case studies, drawings and a readable text make this an excellent resource. An index is included.
Suggested Use: Psychology 20 - Acting and Interacting in a Social World, Who Am I?

Brand Marketing: Why We Eat, Drink, and Wear Brand Names (Video). Learning Seed Company (KIN), 2000. 19 min. Order no. 1175/1120 ($129.00).

This video provides an in-depth exploration of the power of brand names. The influence that advertising has on the youth culture and marketing in our consumer society is presented in an insightful and informative manner. The video includes sections on the evolution of brand names, the revolution in marketing and licensing issues. This is an excellent video for promoting discussions about the power of advertising.
Suggested Use: Psychology 20 - Making Sense of Our World
Other Use: Career Guidance: Middle Level; English Language Arts 20; Social Studies: Grades 7-9; Social Studies 10/History 10

Breaking Free From Partner Abuse: Voices of Battered Women Caught in the Cycle of Domestic Violence (Print-Non-Fiction). Marecek, Mary. Morning Glory Press (MGP), 1999. 94 p. ISBN 1-885356-53-6 ($8.95 U.S. pbk.).

In a collection of poetry, prose and drawings, the fears and feelings of battered women are given a voice. These readings and discussions offer a greater awareness of women in abusive relationships. This is an excellent book written with sensitivity and emotion. Reading the book may help answer the "why" of women abuse and encourage people to initiate change. An index is included.
Suggested Use: Psychology 20 - Acting and Interacting in a Social World
Other Use: Life Transitions 20/30

Building Left-Brain Power: Left-Brain Conditioning Exercises and Tips to Strengthen Language, Math and Uniquely Human Skills. 1st ed. (Print-Non-Fiction). Bragdon, Allen D. and Gamon, David. Allen D. Bragdon Publishers, Inc. (BWV), 1999. 311 p. ISBN 0-916410-63-3 ($10.36 U.S. pbk.).

In a fascinating collection of brain research and exercises, the authors have presented a unique view of the brain and how it works. The key area of interest is the differences between the left and right brain and how the left brain can be exercised to improve its performance. Students will enjoy the many games that are included and are intended to improve the brain's performance. Highlight boxes of "brain bites" are used throughout the book and provide interesting facts about the brain.
Suggested Use: Psychology 20 - Who Am I?

Can You Relate?: Real-World Advice for Teens on Guys, Girls, Growing Up, and Getting Along (Print-Non-Fiction). Fox, Annie. Free Spirit Publishing, Inc. **(LRDC)**, 2000. 245 p. Order no. 1075 ($31.40 pbk.).

The format of this book will encourage students to read and browse for the issues that most concern them. For each of the topics discussed, a brief factual overview is presented. The key to the book's success is the inclusion of letters that teens wrote to "Dear Terra" asking personal questions related to the topic. Her answers will help teens in developing a healthier and happier relationship with all the people in their lives, including themselves. A conflict resolution toolkit in the last chapter offers many practical tips. An index is included.
Suggested Use: Psychology 20 - Acting and Interacting in a Social World
Psychology 30 - Adolescence
Other Use: Life Transitions 20/30

Canada's Teens: Today, Yesterday, and Tomorrow (Print-Non-Fiction). Bibby, Reginald W. Stoddart Publishing Co. Ltd. **(LRDC)**, 2001. 356 p. Order no. 2353 ($19.25 pbk.).

(CAN) Between 1975 and 2000, Reginald Bibby surveyed young adults. Following an analysis of this data, the author has presented an excellent statistical snapshot of what is going on with teens today. He then compares contemporary teens with teens during the 1980s and 1990s and also attempts to take a look into the future. Teen attitudes towards violence, sexuality, drugs, Canada and religion are examined along with their values and concerns. The results of the surveys are given in several tables with an easy-to-read discussion of the findings. An index is included.
Suggested Use: Psychology 20 - Who Am I?
Psychology 30 - Adolescence
Other Use: Life Transitions 20/30

Canadian Families: Diversity, Conflict, and Change. 2nd ed. (Print-Non-Fiction). Mandell, Nancy and Duffy, Ann. Harcourt Canada Ltd. (NEL), 2000. 388 p. ISBN 0-7747-3629-1 ($32.50 pbk.).

(CAN) In this collection of readings and case studies, the traditional view of the family is demythologized. Rather than seeing the family in crisis, the authors have taken the approach that the family is adapting to change and there is now a new reality that defines what a family is in Canada. This new reality includes same sex parents, people of colour, feminism, divorce options and intergenerational families. Although intended for a university course, these excellent and short readings can be used by high school students. Each chapter ends with a summation and critical thinking questions. An index and a glossary are included.
Suggested Use: Psychology 20 - Acting and Interacting in a Social World, Teacher Reference
Other Use: Life Transitions 20/30

The Canadian Family in Crisis. 4th ed. (Print-Non-Fiction). Conway, John F. James Lorimer & Company Ltd. **(LRDC)**, 2001. 281 p. Order no. 5007 ($21.40 pbk.).

(CAN) This book takes an in-depth look at the past, present and future of Canadian families. The book is divided into sections, each examining either children, women or men. The impact of economic and social change on the family is examined in the context of children, men and women. Recommendations for a new family policy are also given. An index is included.
Suggested Use: Psychology 20 - Acting and Interacting in a Social World, Teacher Reference
Other Use: Life Transitions 20/30

Canadian Profile: Alcohol, Tobacco and Other Drugs = Profil Canadien: L'alcool, le Tabac et les Autres Drogues (Print-Non-Fiction). Centre for Addiction and Mental Health (AMH), 1999. 399 p. ISBN 0-88868-329-4 ($49.95 hdc.).

(CAN) The statistics presented in this report illustrate the nature and extent of use and abuse of alcohol, tobacco and other drugs in Canadian society. The discussions that accompany the statistics are easy to read. The report's focus is to create a better understanding of the problems caused by substance abuse. The many charts and tables are an excellent learning tool.
Suggested Use: Psychology 20 - Acting and Interacting in a Social World
Other Use: Life Transitions 20/30

A Celebration of Differences (Video). Rush Neurobehavioral Center (RNB), 1999. 22 min. Order no. 001/3 ($41.98 U.S.).

In this video, individuals with learning differences discuss their struggles. The program provides a good introduction to neurobehavioural disorders such as dyslexia, attention deficit disorder and autism. The real-life narrative approach encourages understanding and empathy.
Suggested Use: Psychology 20 - Who Am I?

Chasing Lightning: Gambling in Canada (Print-Non-Fiction). Mandal, Veronique Perrier and Vander Doelen, Chris. United Church Publishing House **(LRDC)**, 1999. 208 p. Order no. 74 ($13.25 pbk.).

(CAN) Using a very readable style, the authors take a detailed look at the social and economic impacts of gambling. An interesting overview of the origins of gambling in Canada is presented as well as a discussion concerning the state of gambling in each of the provinces. The personal and financial problems that gambling addiction causes for both adults and adolescents are addressed. This section uses several case studies to illustrate the devastation that gambling causes. An index is included.
Suggested Use: Psychology 20 - Acting and Interacting in a Social World
Other Use: Life Transitions 20/30

Child Abuse (Print-Non-Fiction). Kim, Henny H. (Opposing Viewpoints Digests Series). Greenhaven Press (SBC), 2000. 144 p. ISBN 1-56510-866-3 ($23.85 pbk.).

At first glance, the concept of an opposing viewpoints book dealing with child abuse does not seem to have any merit. The arguments, however, do not relate to whether child abuse is wrong but rather with the issues around it, such as prevalence, reporting, causes and solutions. For example, two articles discuss whether punishment or rehabilitation of child abusers will reduce its reoccurrence. The text is written at a high school level, and the inclusion of several short documents from various reports adds to the book's effectiveness. An index is provided.
Suggested Use: Psychology 20 - Acting and Interacting in a Social World
Other Use: Life Transitions 20/30

Child Development (Print-Non-Fiction). Barrett, Karen Caplovitz, et al. Glencoe/ McGraw Hill (MHR), 1995. 508 p. ISBN 0-02-801359-X ($118.95 hdc.).

While this resource is somewhat dated, it still offers an excellent overview of the stages of child development from birth to the early school years. The focus of the book is to gain an understanding of what children can do at various stages of development. While there is coverage of children from age nine to adolescence, most of the information relates to children up to age eight. Following an introduction to the theories of child development, the remainder of the book looks at the physical, intellectual, emotional and social development of children as infants, toddlers, pre-schoolers and young students. The book is very well illustrated, easy to read and includes "focus on" boxes. The American data will need to be supplemented by Canadian information. An index and a glossary are provided.
Suggested Use: Psychology 30 - General Reference
Other Use: Life Transitions 20/30 - Parenting

Children Today (Print-Non-Fiction). Craig, Grace J., Kermis, Marguerite D. Prentice Hall Inc. **(LRDC)**, 2002. 588 p. Order no. 426 ($75.45 pbk.).

(CAN) Well-illustrated and easy-to-read, this excellent resource covers developmental psychology from prenatal to adolescence. Although the book has been written for use in post-secondary institutions, the format and layout make it accessible for high school students. There are several focus boxes throughout the book that bring an increased awareness to applications, issues and diversity associated with the concept being discussion. An index, glossary and weblinks are included.

Please note that the weblinks have not been evaluated by Saskatchewan Learning.
Suggested Use: Psychology 30 - General Reference, Teacher Reference

Contemporary Issues Companion Series (Print-Non-Fiction). Please refer to the title: *Teen Alcoholism.*

Coping Series (Print-Non-Fiction). Please refer to the title: *Coping With Stress.*

Coping With Stress. Rev. ed. (Print-Non-Fiction). Packard, Gwen K. (Coping Series). Rosen Publishing Group **(LRDC)**, 1999. 154 p. Order no. 2437 ($28.25 hdc.).

In this very straightforward high school oriented book, the authors have presented a good overview of the subject of stress. The causes of stress are identified as well as the symptoms and coping strategies. While the format and presentation are not very appealing, the information is accurate and easy to read. The American content will need to be supplemented by Canadian information. An index is provided.
Suggested Use: Psychology 20 - Acting and Interacting in a Social World
Other Use: Life Transitions 20/30

The Corsini Encyclopedia of Psychology and Behavioral Science. 3rd ed. (Print-Non-Fiction). Craighead, W. Edward and Nemeroff, Charles B., eds. John Wiley & Sons Canada, Ltd. (WIL), 2001. 4 vols. ISBN 0-471-23949-6 ($735.50 hdc.).

Using an "A-to-Z" format, this four-volume encyclopedia offers an excellent overview of many psychological topics. Most of the topics receive a quarter-to-half-page treatment, but a few do have coverage of about three pages. While the reading level may be a little advanced, the encyclopedia is still an excellent acquisition for the library. It will prove invaluable when looking for that hard-to-find information. An index is included in the last volume.
Suggested Use: General Psychology Resource, Teacher Reference

Current Controversies Series (Print-Non-Fiction). Please refer to the following titles: *Alcoholism, Family Violence, Mental Health* and *Violence in the Media.*

The Developing Person Through Childhood and Adolescence. 5th ed. (Print-Non-Fiction). Berger, Kathleen Stassen. Worth Publishers **(LRDC)**, 2000. 533 p. Order no. 18183 ($102.80 U.S. hdc.).

Using an appealing format, this general resource provides extensive coverage of developmental issues from prenatal development to adolescence. The introductory chapters provide good coverage of the theories of development and the influences of heredity and the environment. Colour photographs, tables, charts, observational quizzes and critical thinking exercises add to the book's usefulness.
Suggested Use: Psychology 30 - General Reference, Teacher Reference

Development Across the Life Span. 2nd ed. (Print-Non-Fiction). Feldman, Robert S. Prentice Hall Inc. **(LRDC)**, 2000. 740 p. Order no. 12096 ($113.25 hdc.).

This resource covers the entire spectrum of human development from prenatal development to death and dying. In addition, there is an excellent introduction to the theories and research involved in developmental psychology. Colour photographs, tables, graphs, review and questions for further discussion are included. The American content will need to be supplemented by Canadian information. A name and a subject index are included.

The enclosed CD includes "author tip" videos, biographies for key theorists and other enhanced features.
Suggested Use: Psychology 30 - General Reference, Teacher Reference

Dictionary of Psychology (Print-Non-Fiction). Cardwell, Mike. Fitzroy Dearborn Pub., Inc. (JBG), 1996. 249 p. ISBN 1-57958-064-5 ($67.50 hdc.).

Using concise definitions, this one-volume dictionary is an excellent resource to have in the classroom. It will provide quick answers to virtually all areas of psychology from abnormal behaviour to Zener cards. Drawings illustrate some of the entries.
Suggested Use: General Psychology Resource

Discovering Psychology Series (Video). WGBH Boston (MAG), n.d. 30 min. Order numbers follow. ($49.00).

Recommended titles in this series include the following:

The Behaving Brain
Order no. 64-31-368
Cognitive Processes
Order no. 64-31-375
The Developing Child
Order no. 64-31-370
Health, Mind, Behaviour
Order no. 64-31-388
Learning
Order no. 64-31-373
Maturing and Aging
Order no. 64-31-383
Past, Present and Promise
Order no. 64-31-366
Sensation and Perception
Order no. 64-31-372.

Considered a classic in the field of psychology, this video series offers an excellent overview of each subject. In each program, Phillip Zimbardo discusses a fundamental principle or major concept of psychology. Interviews with experts, footage of classic experiments and documentaries on new research are all included.
Suggested Use: General Psychology Resource

Domestic Violence (Print-Non-Fiction). Roleff, Tamara L., ed. (Opposing Viewpoints Series). Greenhaven Press **(LRDC)**, 2000. 176 p. Order no. 221 ($37.20 hdc.).

In a familiar format, this resource offers several readings that present differing views on domestic violence. The entire question of whether domestic violence is a serious problem is raised as are causes, legal remedies and outreach programs. The articles are short and well written, but it will be necessary to insert a Canadian perspective to balance the American information.
Suggested Use: Psychology 20 - Acting and Interacting in a Social World
Other Use: Life Transitions 20/30

Drawing the Line: A Resource for the Prevention of Problem Gambling: Volume II, Senior High (Print-Non-Fiction). Nova Scotia Department of Health (NSG), 1997. 198 p. ISBN 0-88871-450-5 ($75.00 spiral-bound).

(CAN) Developed by the Nova Scotia Department of Health, this teacher's guide gives an effective approach to informing students about problem gambling. Although many of the statistics are from Nova Scotia, they can be useful in helping students in Saskatchewan understand how gambling may become a problem, the low probability of winning and how the industry works. The lessons include worksheets, questions/answer keys, overheads and support material. The appendix gives

excellent background material on areas such as casinos, crime, lotteries and much more. Included are a list of suggested resources and a glossary.
Suggested Use: Psychology 20 - Acting and Interacting in a Social World
Other Use: Life Transitions 20/30

The Encyclopedia of Depression. 2nd ed. (Print-Non-Fiction). Roesch, Roberta. Facts On File, Inc. (FHW), 2001. 278 p. ISBN 0-8160-4047-8 ($87.75 hdc.).

This one-volume reference book provides an excellent source of quick information related to depression. There are over 500 entries in an "A-to-Z" format that discuss everything from the types of depression to the causes, symptoms and treatments. The book takes a fairly broad approach to the topic as it covers things such as AIDS, the elderly, Sir Winston Churchill, dreams and weight gain or loss. An index is provided.
Suggested Use: Psychology 20 - Acting and Interacting in a Social World, Who Am I?

The Encyclopedia of Memory and Memory Disorders (Print-Non-Fiction). Noll, Richard and Turkington, Carol. Facts On File, Inc. (FHW), 1994. 265 p. ISBN 0-8160-2610-6 ($81.70 hdc.).

With entries ranging in length from four lines to four pages, this one-volume resource offers excellent coverage of the topic of memory and memory disorders. Clinical terms such as schizophrenia and delirium are covered as well as diseases such as Alzheimer's. Other topics covered include parts of the brain, noted psychologists, scientific theories, drugs, mnemonic strategies and memory phenomena such as déjà vu. An index is included.
Suggested Use: Psychology 20 - Who Am I?

Essentials of Psychology (Print-Non-Fiction). Bernstein, Douglas A. and Nash, Peggy W. Houghton Mifflin Company **(LRDC)**, 1999. 541 p. Order no. 45 ($77.05 hdc.).

Readable for high school students, this post-secondary resource offers an excellent overview of the subject of psychology. With chapters such as biology and behaviour, learning, memory, personality and psychological disorders, it is more suitable to the 20 level course. While there is a specific chapter on human development, many of the chapters refer to developmental psychology in their discussion of the relevant topics. The use of graphs, charts, colour photographs, cartoons and an excellent review make the book appealing to students. The American examples will need to be supplemented with Canadian information. An index and a glossary are included.
Suggested Use: General Psychology Resource, Teacher Reference

Ethnic Man! (Video). Entertaining Diversity, Inc. **(MGR)**, 1998. 35 min. Dup. order no. V555. Teacher's Guide - Order no. G555 ($FREE).

Teja Arboleda (Ethnic Man) relates the adventure of his search for his multicultural, multiethnic identity. Arboleda discusses those who struggle to understand their cultural and national identity. He tackles stereotypes and the notion of race. Arboleda believes that race and culture are ultimately subjective matters. This program supports studies on human rights and stereotyping.
Suggested Use: Psychology 20 - Making Sense of Our World
Other Use: Canadian Studies; Social Studies 20/History 20

Euthanasia (Print-Non-Fiction). Torr, James D., ed. (Opposing Viewpoints Series). Greenhaven Press **(LRDC)**, 2000. 208 p. Order no. 2461 ($23.80 pbk.).

Euthanasia may well be one of the more contentious issues within our society today. To help students gain the necessary background to make an informed decision, this book presents both sides of the debate. Several aspects of the debate are covered such as the ethics of voluntary euthanasia, religious beliefs, foreign examples, persons with disabilities, and the role of the physician.

The articles are short and can be used effectively for the dialectical process. An index is provided.
Suggested Use: Psychology 20 - Acting and Interacting in a Social World
Other Use: Life Transitions 20/30

Exploring Your Brain Series (Video). Please refer to the title: *Memory*.

Expressing Anger: Healthy vs. Unhealthy (Video). Human Relations Media/HRM Video (MCI), 1999. 46 min. Order no. 600195-61 ($159.00).

Using a combination of actors and real people, a psychologist leads a group of teenagers in discussions about anger. Several scenarios are acted out to demonstrate the elements of anger and the psychology behind it.
Suggested Use: Psychology 20 - Acting and Interacting in a Social World
Psychology 30 - Adolescence

Facing Fears: The Sourcebook for Phobias, Fears, and Anxieties (Print-Non-Fiction). Kahn, Ada P. and Doctor, Ronald M. (Facts for Life Series). Facts On File, Inc. (FHW), 2000. 326 p. ISBN 0-8160-3992-5 ($25.50 pbk.).

In addition to providing an "A-to-Z" listing and definition of fears and phobias, the first section of this book provides an excellent overview to the subject. There is a discussion concerning social phobias, panic attacks, obsessive-compulsive disorders and how to overcome fears and reduce stress. The alphabetical section provides short descriptions on everything from acrophobia and addiction, to the fear of writing. The information is well laid out and easy to read. An index is included.
Suggested Use: Psychology 20 - Acting and Interacting in a Social World

Facts for Life Series (Print-Non-Fiction). Please refer to the title: *Facing Fears: The Sourcebook for Phobias, Fears, and Anxieties.*

Family Ties That Bind: A Self-Help Guide to Change Through Family of Origin Therapy (Print-Non-Fiction). Richardson, Ronald W. Self-Counsel Press (SEL), 1995. 122 p. ISBN 1-55180-238-4 ($12.95 pbk.).

This self-help book explains how families function and what can be done to change the way an individual acts within a family and with others. The techniques of "family of origin therapy" are aimed at helping people to create better family relationships. Topics such as dealing with differences, closeness, being true to yourself and birth order are covered. The case studies, activities and questions all serve to the make the resource useful for high school students.
Suggested Use: Psychology 20 - Acting and Interacting in a Social World, Making Sense of Our World

Family Violence (Print-Non-Fiction). Lloyd, J. D., ed. (Current Controversies Series). Greenhaven Press (SBC), 2001. 138 p. ISBN 0-7377-0451-9 ($27.25 pbk.).

In a series of short, easily read articles, the issue of family violence is dealt with effectively. The victims of family abuse are profiled as well as the prevalence, causes and solutions. There are usually two articles that each take a different point of view. For example, one article argues that gender roles lead to battering, while a second article refutes that claim. The role of the media is also examined. An index is included.
Suggested Use: Psychology 20 - Acting and Interacting in a Social World
Other Use: Life Transitions 20/30

The Famine Within (Video). McNabb and Connolly (MCN), 1994. 60 min. No order number is required. ($39.95).

(CAN) This powerful documentary explores the obsession that women have with their

body shape and size. Views of leading experts and testimonies of women from various backgrounds and ages who have suffered from body obsession are included.
Suggested Use: Psychology 20 - Acting and Interacting in a Social World
Other Use: Life Transitions 20/30

Fighting Invisible Tigers: A Stress Management Guide for Teens. Rev. & upd. ed. (Print-Non-Fiction). Hipp, Earl. Free Spirit Publishing, Inc. **(LRDC)**, 1995. 153 p. Order no. 8474 ($24.40 pbk.).

This appealing book addresses the pressures and problems encountered by teenagers and provides information on life skills, stress management and methods of gaining more control over their lives. It offers insightful advice on numerous topics such as being assertive, building supportive relationships, making decisions, staying healthy and even growing a funny bone. The text is enhanced with several black-and-white illustrations. Included are a table of contents and an index.
Suggested Use: Psychology 20 - Acting and Interacting in a Social World
Psychology 30 - Adolescence
Other Use: Health Education: Grades 6 to 9; Life Transitions 20/30; Wellness

The First Years Last Forever (Video). (I Am Your Child Series). Reiner Foundation, The (RNF), 1997. 29 min. No order number is required. ($5.00 U.S.).

Hosted by Rob Reiner, this well-produced video looks at infants and their abilities. Bonding, nutrition, self-esteem, discipline and self-awareness are other areas that are covered. Although it was developed for parents, the video is well-suited for use in schools.
Suggested Use: Psychology 30 - Early Childhood, Infancy
Other Use: Life Transitions 20/30

Gay & Lesbian Youth (Print-Non-Fiction). Stewart, Gail B. (The Other America Series). Lucent Books, Inc. (SBC), 1997. 112 p. ISBN 1-56006-337-8 ($37.45 hdc.).

Using four first-person accounts from gay teens, the author lays out in gritty detail the lives of these youth. With the use of photographs, the stories become personalized, and the reader can begin to empathize with the problems faced by these people who are often shunned. Included are an index, further readings and suggestions on how to get involved and make society more open toward gay and lesbian youth.
Suggested Use: Psychology 20 - Acting and Interacting in a Social World
Psychology 30 - Adolescence
Other Use: Life Transitions 20/30

Girls Are Equal Too: How to Survive: For Teenage Girls. 2nd ed. (Print-Non-Fiction). Carlson, Dale B. and Carlson, Hannah. (Psychology for Teenagers Series). Bick Publishing House **(LRDC)**, 1998. 231 p. Order no. 1325 ($18.90 U.S. pbk.).

Using humour to provide insight, this award-winning book looks at the role of young women in school, work and the media. The relationships between men and women during dating and marriage are also examined. The historical roots of women's traditional role are discussed, as are ways to change it. The reading style is engaging, and the information is enlightening. An index is included.
Suggested Use: Psychology 20 - Acting and Interacting in a Social World, Making Sense of Our World
Psychology 30 - Adolescence
Other Use: Life Transitions 20/30

Hear These Voices: Youth at the Edge of the Millennium (Print-Non-Fiction). Allison, Anthony. Dutton Books **(LRDC)**, 1999. 170 p. Order no. 18779 ($34.95 hdc.).

In a series of case studies, 15 "at risk" young people from around the world share their experiences of trying to survive in the new millennium. For these teenagers, the reality of the world they live in consists of AIDS in San Francisco, prostitution in Thailand, religious differences in Northern Ireland, alcoholism in the Ukraine and homelessness in South Africa. These are, however, not depressing stories. The young people who

are profiled talk about how they have coped with their struggles and made an attempt to overcome them. The stunning black-and-white photographs add to the appeal of the resource.
Suggested Use: Psychology 30 - Adolescence
Other Use: Life Transitions 20/30; Social Studies 20/History 20

Helping Your Teen Overcome Depression: A Guide for Parents (Print-Non-Fiction). Kaufman, Miriam. Key Porter Books Limited (FEN), 2000. 262 p. ISBN 1-55263-278-4 ($19.95 pbk.).

(CAN) The short, easy-to-read subsections make this an excellent resource for students. The expanded table of contents allows easy access to information about types of depression, the use of medications, how therapy works, the types of anxiety disorders, eating disorders, gay teens and poverty's connection to depression. Although the subtitle suggests the book be used as a guide for parents with teenage children, the resource works very well in a school setting. An index is included.
Suggested Use: Psychology 20 - Acting and Interacting in a Social World
Psychology 30 - Adolescence

Highs!: Over 150 Ways to Feel Really, Really Good... Without Alcohol or Other Drugs (Print-Non-Fiction). Packer, Alex J. Free Spirit Publishing, Inc. (MON), 2000. 151 p. ISBN 1-57542-074-0 ($26.95 pbk.).

Stress is a factor that affects virtually everyone in our society. This resource provides an informative and entertaining look at what stress is all about and how to relieve stress through natural means. The author discusses the benefits of each of the techniques in decreasing stress. He also provides suggestions on how to carry out the activities and lists agencies to contact for professional instruction. One shortcoming of the book is that the agencies listed are American. The activities discussed cover a very broad range from breathing exercises to the benefits of exercise, sports, healthy eating, intellectual pursuits and connecting with friends, family and pets. An index is included.
Suggested Use: Psychology 20 - Acting and Interacting in a Social World
Other Use: Life Transitions 20/30; Wellness 10

Hills and Valleys: Teen Depression (Video). Meridian Education Corporation **(MGR)**, 1998. 17 min. Dup. order no. V2980. ($FREE).

Everyone experiences stress at times in life, perhaps every day. But what is the difference between stress and depression and when is it necessary to seek professional help? In this program, young people who have coped with depression talk about what it feels like, and what they have done to combat depression. They also provide suggestions for helping friends.
Suggested Use: Psychology 20 - Acting and Interacting in a Social World
Psychology 30 - Adolescence
Other Use: Life Transitions 20/30

Hollow Water (Video). National Film Board of Canada (NFB), 2000. 48 min. Order no. C9100 013 ($39.95).

(CAN, I/M) Hollow Water is a small community on the shores of Lake Winnipeg. This film documents the journey of one family who struggles to confront the sexual abuse of the community's past. Using a holistic approach, the community brought the offenders home to face justice through healing and sentencing circles. By this approach, the health and wellness of the victims, offenders and the community as a whole were restored and the cycle of child and sexual abuse was broken.

Please note that this video deals with sensitive subject matter. It is essential to screen the video and to prepare and debrief students adequately. Consulting with an Elder will assist teachers in being sensitive to students in a similar situation. It is important to use these techniques to avoid reinforcing stereotypes.

Suggested Use: Psychology 20 - Acting and Interacting in a Social World, Cross-Cultural Perspectives
Other Use: Law 30

How to Think Like a Psychologist: Critical Thinking in Psychology. 2nd ed. (Print-Non-Fiction). McBurney, Donald H. Prentice Hall Inc. (PRN), 2002. 114 p. ISBN 0-13-015046-0 ($20.36 pbk.).

While the reading level may be a little advanced for high school students, the short and concise format makes the book useful. Several sections explain why and how psychology is studied and the contradictory theories that exist. Subdivided by areas such as methods, development, perception, learning and social psychology, several two-page reports discuss various elements. Some of the topics include "How Does the Mind Control the Body?" "Why Are Psychologists So Sceptical?" What About Astrology?" and "You're So Logical."
Suggested Use: Psychology 20 - Defining Social Psychology, Teacher Reference
Psychology 30 - Defining Developmental Psychology, Teacher Reference

How to Think Straight About Psychology. 6th ed. (Print-Non-Fiction). Stanovich, Keith E. Allyn & Bacon Canada (PRN), 2001. 256 p. ISBN 0-321-04713-3 ($26.31 pbk.).

This teacher resource is an excellent source of information on critical thinking skills needed by students to evaluate common psychological claims in the media and self-help literature. The collection of articles is thought provoking and provides excellent discussions of such key concepts as operationalism, converging evidence, experimental control and the importance of statistics. The book does an excellent job of explaining how theories are developed and how psychological experiments work. An index is included.
Suggested Use: Psychology 20 - Defining Social Psychology, Teacher Reference
Psychology 30 - Defining Developmental Psychology, Teacher Reference

Human Sexuality (Print-Non-Fiction). Stalcup, Brenda, Swisher, Karin L. and Leone, Bruno, eds. (Opposing Viewpoints Series). Greenhaven Press (SBC), 1995. 258 p. ISBN 1-56510-246-0 ($42.60 hdc.). ISBN 1-56510-245-2 ($25.55 pbk.).

This teacher resource is part of a series designed to help readers become more intelligent and discriminating consumers of information. The varied opinions examine many different aspects of a single issue. The issues presented are both complex and sensitive. Topics covered include: "What Is the Purpose of Sex?", "What Sexual Norms Should Society Uphold?", "How Are Gender and Sexual Orientation Determined?", "What Constitutes Normal Sexual Behavior?" and "How Is Society's View of Human Sexuality Changing?" Included are a table of contents, a bibliography of books and an index.
Suggested Use: Psychology 20 - Acting and Interacting in a Social World
Other Use: Life Transitions 20/30

Human Sexuality Series (CD-ROM). Goodheart-Willcox Publisher (GDS), 1999. Order numbers follow. ($216.75).

Recommended titles in this series include the following:

Human Sexuality 1: A Healthy Me
ISBN 1-56637-457-X
Human Sexuality 2: Respect & Responsibility
ISBN 1-56637-458-8.

These two CDs are of high interest and deal with sensitive material very well. The programs are simply done, but they are also very effective. Accurate information is presented on the reproductive systems, pregnancy, STDs and the roles of respect and responsibility in dating relationships. Interactive quiz games are included along with "Tough Choices," in which students explore the risks and rewards of dating. Due to the sensitive nature of these CDs, it is recommended that teachers preview the programs before they are used in the classroom.

Suggested Use: Psychology 20 - Acting and Interacting in a Social World
Other Use: Health Education: Grades 6 to 9; Life Transitions 20/30

I Am Your Child Series (Video).
Please refer to the title: *The First Years Last Forever.*

In a Sacred Manner I Live: Native American Wisdom (Print-Non-Fiction). Clarion Books (CLR), 1997. 93 p. ISBN 0-395-84981-0 ($20.00 U.S. hdc.).

(I/M) This book is a collection of words and photographs of some of the better known speakers and writers in Aboriginal communities, past and present. The text and images together teach about many of the values and beliefs of "Native North American" peoples. This resource may be useful in exploring the concept of spirituality and worldviews in Aboriginal societies or for anyone who simply wants a peaceful read.
Suggested Use: Psychology 20 - Cross-Cultural Perspectives
Psychology 30 - Cross-Cultural Perspectives

In Love and In Danger: Dating Violence (Video). Sunburst Communications **(MGR)**, 1998. 15 min. Dup. order no. V6796. Teacher's Guide - Order no. G6796 ($4.45 pbk.).

Even before they have figured out how to deal with the opposite sex, one in four teenagers, the majority of them girls, are finding that emotional and physical violence is a dating fact of life. This program asks and answers questions to engage viewers in healthy discussion of dating violence, makes clear the compelling need to teach young people to recognize violence patterns in a dating relationship, and gives them help and support in breaking loose. It notes that adolescents from all walks of life can engage in dating violence, and that girls in a first relationship are apt to interpret extreme possessiveness and even violence as normal signs of love. Interviews with experts and dating violence survivors establish that the central issue of an abusive relationship is power over a victim, and that the most severe injuries and even death occur when the victim tries to end the relationship. This program urges parents and other adults to let teens know about what the dating world is about, that jealousy is not love, nor is hitting permissible. It asks parents to be alert to stereotypes with which a son regards women and to a daughter's giving up too much of her own life to please someone else. Advising that teens need help and support from the adults in their lives, not just their friends, the program asks parents to be prepared to hear what their teens have to say, and listen in a non judgemental way.
Suggested Use: Psychology 20 - Acting and Interacting in a Social World
Other Use: Health Education: Grades 6 to 9; Life Transitions 20/30

In Other Words (Video). National Film Board of Canada (NFB), 2001. 28 min. Order no. C9101 046 ($39.95).

(CAN) In this video, gay and lesbian high school students discuss the cruel language and hurtful attitudes that are used against them. While clear definitions to these words are given, the focus is on how the students attempt to cope with the harassment. The importance of support groups is stressed. The message of the video is to encourage change and ensure that schools are a safe place.

The enclosed teacher's guide provides some excellent suggestions on how best to use the video. Previewing and preparation with the school and the community would be essential.
Suggested Use: Psychology 20 - Acting and Interacting in a Social World

Incredible Optical Illusions: A Spectacular Journey Through the World of the Impossible (Print-Non-Fiction). Rodgers, Nigel. Firefly Books Ltd. (FIR), 1998. 128 p. ISBN 1-55209-223-2 ($24.95 pbk.).

(CAN) This fascinating book will definitely hold a student's attention and be of great interest in the resource centre. The many examples, illustrations and descriptions create

an understanding for the occurrence of illusions and perceptions and how they trick our brain into seeing different things. An index is included.
Suggested Use: Psychology 20 - Who Am I?

Introduction to Psychology and Law: Canadian Perspectives (Print-Non-Fiction). Schuller, Regina A. and Ogloff, James R. P., eds. University of Toronto Press (UTP), 2001. 565 p. ISBN 0-8020-4275-9 ($50.00).

(CAN) While this is not the type of resource that students would find attractive, it does have some fascinating information that would be useful to a teacher. In a collection of essays, Canadian professors discuss how assumptions about human behaviour have an impact upon the functioning of the law. For example, are jurors' attitudes and beliefs about race affecting their decisions? Does the use of the term "the accused" actually influence jurors' judgements? Clinical and forensic psychology also play a role in the law with discussion of issues such as the treatment of prisoners, fitness to stand trial and sexual victimization. Subject, case and author indexes are included.
Suggested Use: Psychology 20 - Making Sense of Our World, Teacher Reference

Issues in Focus Series (Print-Non-Fiction). Please refer to the title: *Advertising: Information or Manipulation?*

Killing Us Softly 3: Advertising's Image of Women (Video). Media Education Foundation (KIN), 2000. 34 min. Order no. 2504/0685 ($249.00).

Media critic Jean Kilbourne dissects advertising's portrayal of women in this videotaped lecture. As slides of ads flash behind her, Kilbourne points out subconscious messages about body image that the ads convey. Clips from commercials spanning a 30-year period show progressively stronger emphasis on women in violent, passive and sexual situations. This video will prompt discussions about the stereotypical portrayal of women in advertising. Teachers are advised to preview this video and to be aware that the video contains sensitive content.
Suggested Use: Psychology 20 - Making Sense of Our World
Other Use: English Language Arts 20; Life Transitions 20/30; Social Studies 20/History 20

Language Development (Video). (The Psychology of Learning Series). Films for the Humanities & Sciences Inc. (KIN), 1995. 40 min. Order no. BVL6015 ($208.00).

Between birth and seven years of age, children develop most of their language skills. There are several prevalent theories that relate to the language development that occurs between the stage of crying and babbling and the stage of speaking fluently. This video describes the nature-nurture debate, the interactionist view and the Whorf-Sapir Hypothesis using examples.
Suggested Use: Psychology 30 - Early Childhood, Infancy

Lifechoices Series (Print-Non-Fiction). Please refer to the title: *Relationships.*

Life-Span Development. 8th ed. (Print-Non-Fiction). Santrock, John W. McGraw-Hill Ryerson Limited **(LRDC)**, 2002. 621 p. Order no. 18182 ($98.00 pbk.).

The eighth edition of this classic resource continues its tradition of excellence. While written for a university level class, it does contain a format and a text that is useable by high school students. Following an introduction to developmental psychology, the book goes into detail about each stage of development from prenatal to late adulthood and death. The resource is well illustrated with colour photographs, charts, tables, graphs and cartoons. Each chapter also contains several inserts to encourage critical thinking. The American content and examples will need to be supplemented by Canadian material. A glossary as well as name and subject indexes are included.

Suggested Use: Psychology 30 - General Reference, Teacher Reference

Looking Out/Looking In: Interpersonal Communication. 1st Canadian ed. (Print-Non-Fiction). Adler, Ronald B., Towne, Neil and Rolls, Judith A. Harcourt Canada Ltd. **(LRDC)**, 2001. 504 p. Order no. 18186 ($57.15 hdc.).

(CAN) *Looking Out/Looking In* raises questions that thoughtful communicators must answer as they decide how to treat each other. The implicit theme in this resource is that both pragmatic and ethical considerations dictate that the best way to treat others is with respect and concern for meeting their needs as well as taking care of one's self. The chapters include topics on interpersonal relationships, perception, emotions, communicating and managing interpersonal conflicts. This edition is illustrated with images created by artists from a wide range of eras and cultures. The original American content has been modified by the inclusion of Canadian examples. A detailed table of contents and an index are included.
Suggested Use: Psychology 20 - General Reference
Other Use: Life Transitions 20/30

Lost (Video). National Film Board of Canada (NFB), 1999. 52 min. Order no. C9199 078 ($39.95).

(CAN) Being lost, whether it is in the forests of Nova Scotia, the mountains of Alberta, or the streets of London is a psychological as well as a physical experience that many people have encountered. In this video, the cultural, spiritual and physical experiences of being lost are examined. The emphasis though, is on the psychological element of why people make the worst decisions possible when they find themselves lost. The science of the search is also examined.
Suggested Use: Psychology 20 - Making Sense of Our World
Other Use: Forestry Studies; Wildlife Management

A Love That Kills (Video). Documentary Productions Ltd. (NFB), 1999. 20 min. Order no. C9199 118 ($39.95).

(CAN) Monica, a young woman of 19, was murdered by her former boyfriend after she suffered through years of emotional, physical and economic abuse. Since then, her mother has attempted to educate young people about the warning signs of woman abuse. This is a powerful documentary that will help to generate discussion and action against abuse.
Suggested Use: Psychology 20 - Acting and Interacting in a Social World
Other Use: Law 30; Life Transitions 20/30

Lucent Overview Series (Print-Non-Fiction). Please refer to the titles: *Obesity* and *Teen Eating Disorders.*

Male/Female Roles (Print-Non-Fiction). Egendorf, Laura K., ed. (Opposing Viewpoints Series). Greenhaven Press **(LRDC)**, 2000. 186 p. Order no. 18775 ($24.10 pbk.).

This book presents opposing viewpoints about changing gender roles and the effect that these changes have on individuals, interpersonal relationships and society. The questions debated are "How Are Gender Roles Established?", "Have Women's Roles Changed for the Better?", "Have Men's Roles Changed for the Better?" and "What Will Improve Male/Female Relationships?" A bibliography of periodical articles follows each chapter. A bibliography, a list of organizations to contact and an index are included.
Suggested Use: Psychology 20 - Making Sense of Our World
Other Use: Life Transitions 20/30

Memory (Video). (Exploring Your Brain Series). Films for the Humanities & Sciences Inc. (KIN), 1999. 57 min. Order no. 2994 ($144.95).

While the presentation is not very dynamic, this program does offer some excellent

information concerning memory. How the brain stores and retrieves data is the video's focus. Several experts discuss how memory can be improved, how Alzheimer's disease affects the brain and how aging affects memory.
Suggested Use: Psychology 20 - Who Am I?

Mental Health (Print-Non-Fiction). Hurley, Jennifer A. (Current Controversies Series). Greenhaven Press (SBC), 1999. 186 p. ISBN 1-56510-952-X ($27.25 pbk.).

This resource presents a diverse selection of primary sources representing all sides in the mental health debate. Several articles discuss how mental illness is a serious problem while others indicate that it is exaggerated. Other topics deal with the use of drugs to treat mental illness, the effectiveness of non-drug therapies and the role of society with the mentally ill. The articles are short and accessible by high school students, but they do express an American perspective. An index is included.
Suggested Use: Psychology 20 - Acting and Interacting in a Social World

Mind Matters (CD-ROM). Hilton, James L. and Perdue, Charles W. Allyn & Bacon Canada (PRN), 2000. 16 p. ISBN 0-205-32179-8 ($21.21).

In order to help students explore psychology, this digital medium combines interactivity with the key concepts of biopsychology, learning, memory, sensation and perception. Video clips of experiments are included as well as simulations, current research and activities that give immediate scoring and feedback.
Suggested Use: General Psychology Resource

A Monster's Calling (Video). National Film Board of Canada (NFB), 2001. 6 min. Order no. C0001 019 ($29.95).

(CAN) Fear, anxiety and insecurity are the topics of this short and humourous animated film. While humour and the previously mentioned topics usually do not go together, the director has done an excellent job of illustrating how a teenage girl has no fear of an under-the-bed monster until it raises the spectre of not measuring up to the media's concept of body image.

The video cover includes several excellent teaching ideas.
Suggested Use: Psychology 20 - Acting and Interacting in a Social World

The Myth of the Perfect Body: Accepting Your Physical Self (Video). Learning Seed Company (MCI), 1995. 21 min. Order no. 200050-61 ($119.00).

This program focuses on the pressures that teens place on themselves to have perfect bodies. Pressures come from family, peers and the media. This video stresses that teens must learn to accept their individual body frames, focus on the positive, use their talents to their advantage, and most of all–respect their bodies.
Suggested Use: Psychology 20 - Acting and Interacting in a Social World
Psychology 30 - Adolescence
Other Use: Life Transitions 20/30

Myths of Childhood Series (Video). Film Australia (THA), 1997. 55 min. No order number is required. ($299.00 set).

Recommended titles in this series include the following:

Damage
Innocence
Perfection.

In this series, the idea that children are innocent is confronted. It also asks why we blame children for adult unhappiness and questions the ambitions of parents who strive for perfection. The history of childhood during the 20th century is also explored.
Suggested Use: Psychology 30 - Early Childhood, Infancy

Obesity (Print-Non-Fiction). Akers, Charlene. (Lucent Overview Series). Lucent Books, Inc. (SBC), 2000. 112 p. ISBN 1-56006-662-8 ($37.45 hdc.).

Although this book is American in content, it is written at a high school level and does provide a good overview of the topic. Following a discussion about the various definitions of obesity, this title addresses the causes, consequences, treatment and prevention of obesity. The social issues revolving around obesity as well as the psychological aspects are discussed. Black-and-white photographs supplement the text. This would be an excellent resource for supplementary research. An index is included.
Suggested Use: Psychology 20 - Acting and Interacting in a Social World
Other Use: Life Transitions 20/30

One of Them (Video). National Film Board of Canada (NFB), 2000. 26 min. Order no. C9199229 ($39.95).

(CAN) When a high school student council decides to raise awareness about racism, sexism and homophobia, it runs into more prejudice than expected. As part of the storyline, one of the student council members reveals to her best friend that she is gay. Their friendship is tested, but because it is based on respect it thrives in the long run. The video is well dramatized and does an excellent job of making students aware of the pain that homophobia causes.
Suggested Use: Psychology 20 - Acting and Interacting in a Social World

One Survivor's Message: Don't Kill Yourself (Video). Cooper Rock Pictures Inc. (KIN), 1997. 24 min. Order no. 2273/0930 ($155.00).

(CAN) This video focuses on the life of a young man who attempted suicide at age 16. Now at 22, he shares the events in his life leading up to the attempt, as well as his recovery.

Suggested Use: Psychology 20 - Acting and Interacting in a Social World
Other Use: Life Transitions 20/30

Opposing Viewpoints Digest Series (Print-Non-Fiction). Please refer to the title: *Child Abuse.*

Opposing Viewpoints Series (Print-Non-Fiction). Please refer to the titles: *Addiction, Domestic Violence, Euthanasia, Human Sexuality* and *Male/Female Roles.*

The Other America Series (Print-Non-Fiction). Please refer to the title: *Gay & Lesbian Youth.*

The Other Side of Blue: The Truth About Teenage Depression (Video). Canadian Learning Company Inc. (CLC), 2001. 31 min. No order number is required. (129.95).

(CAN) Using a music video format, this program does an excellent job of showing how serious teenage depression can be. Four young people talk openly about their depression and attempted suicide. Against the backdrop of these case studies, experts in the field discuss the signs and symptoms of clinical depression. The importance of seeking help is stressed.
Suggested Use: Psychology 20 - Acting and Interacting in a Social World
Psychology 30 - Adolescence

Propaganda and Persuasion. 3rd ed. (Print-Non-Fiction). Jowett, Garth S. and O'Donnell, Victoria. Sage Publications, Inc. (SAG), 1999. 430 p. ISBN 0-7619-1147-2 ($37.95 U.S. pbk.).

An understanding of what propaganda is and its use in psychological warfare is achieved in this fascinating study. In addition to the history of propaganda, the book discusses how the media develops an audience, how propaganda is analyzed and how propaganda works in modern society. Several

photographs and drawings are used to illustrate the key points. An index is included.
Suggested Use: Psychology 20 - Acting and Interacting in a Social World, Making Sense of Our World

Psychology. 3rd Canadian ed. (Print-Non-Fiction). Baron, Robert A., Earhard, Bruce and Ozier, Marcia. Pearson Education Canada **(LRDC)**, 2001. 788 p. Order no. 2520 ($95.00 hdc.).

(CAN) While originating from an American book, this edition has been "Canadianized" somewhat more than others have. Written as a resource for an introductory psychology course at the university level, the book does have a lot to offer to high school courses. The 16 chapters provide an excellent overview of the field of psychology. Topics such as the biological basis of behaviour, perception, learning, memory, intelligence and personality are covered. There are also two specific chapters dealing with developmental psychology. The colour photographs, graphs, cartoons, weblinks, review and critical thinking questions all add to the book's effectiveness. A glossary as well as name and subject indexes are included.

Please note that the weblinks have not been evaluated by Saskatchewan Learning.
Suggested Use: General Psychology Resource, Teacher Reference

Psychology. Canadian ed. (Print-Non-Fiction). Lefton, Lester A., Boyes, Michael C. and Ogden, Nancy A. Allyn & Bacon Canada **(LRDC)**, 2000. 728 p. Order no. 2069. ($95.00 hdc.).

(CAN) This resource covers the core concepts of psychology as well as the emerging trends and topics. The purposes of the book are to present the topics in an integrated manner that brings science and application together and to show how they flow directly from traditional psychology. Canadian content has been woven throughout the text. In addition to the regular topics of memory, learning, development and perception, there are also chapters on disorders, therapy and applied psychology. The book is well illustrated with photographs, charts and graphs. An index and a glossary are included.
Suggested Use: General Psychology Resource, Teacher Reference

Psychology. 6th ed. (Print-Non-Fiction). Myers, David G. Worth Publishers **(LRDC)**, 2001. 689 p. Order no. 17203 ($98.85 U.S. hdc.).

This is a well-written book that covers a wide spectrum of psychology topics. Photographs, graphs, cartoons, quotes and works of art are all used to help explain the concepts presented. Critical thinking articles, reviews and summaries are also used. A sample of topics covered includes the nature versus nurture debate, the developing person, perception, memory, intelligence, personality and social psychology. One problem with the resource is that the content is strictly American; therefore, the examples used will need to be replaced with Canadian information. An index and a glossary are included.
Suggested Use: General Psychology Resource, Teacher Reference

Psychology. 6th ed. (Print-Non-Fiction). Wade, Carole and Tavris, Carol. Prentice Hall Inc. **(LRDC)**, 2000. 746 p. Order no. 2136 ($95.00 hdc.).

Similar to other general resources, this book covers the topics of behaviour and environment, thinking, motivation, development and disorders. A distinguishing feature though is its emphasis on critical and creative thinking. The reading level is intended for first year university students, but the layout and format make it accessible to high school students. An index and a glossary are included.
Suggested Use: General Psychology Resource, Teacher Reference

Psychology: A Very Short Introduction. 2nd ed. (Print-Non-Fiction). Butler, Gillian, McManus, Freda. (Very Short Introductions Series) Oxford University Press (OUP), 1998. 161 p. ISBN 0-19-285381-3 ($14.95 pbk.).

While this resource has not been written for the high school level, it does provide an excellent overview of the field of psychology in a concise format. Teachers will find the resource very useful to obtain a quick grounding in topics such as perception, memory, thinking, emotions, developmental psychology, abnormal psychology and social psychology. This is an ideal book to consult before getting into some of the more detailed resources. An index is included.
Suggested Use: General Psychology Resource, Teacher Reference

Psychology: An Introduction. 7th ed. (Print-Non-Fiction). Lahey, Benjamin B. McGraw-Hill Ryerson Limited **(LRDC)**, 2001. 676 p. Order no. 18181 ($72.95 hdc.).

Similar to other general references, this resource has been written with the first year university student in mind. The book provides an excellent overview of the field of psychology covering topics such as the life span, learning, the self, and psychology in the social context. The book is very well illustrated and contains excellent charts and graphs to support the text. The psychology principles that it discusses are applied to everyday life through case studies. An index and a glossary are included.

The accompanying CD includes the text plus web-based material. Video, art and other features are used to integrate the book with the web.
Suggested Use: General Psychology Resource, Teacher Reference

Psychology for Kids: 40 Fun Tests That Help You Learn About Yourself (Print-Non-Fiction). Kincher, Jonni. Free Spirit Publishing, Inc. **(LRDC)**, 995. 139 p. Order no. 2039 ($32.55 pbk.).

While this resource is aimed at a younger audience, the experiments and tests can easily be adapted to older students in a psychology class. As the subtitle indicates, these experiments are aimed at helping students to understand their own attitudes, feelings, creativity, learning styles and social skills. The tests are based on psychological theories and research. While designed to be fun and educational, they are not intended to be official or authoritative. Each of the experiments is laid out in a step-by-step fashion and is well illustrated. An index is provided.
Suggested Use: General Psychology Resource

Psychology for Kids II: 40 Fun Experiments That Help You Learn About Others (Print-Non-Fiction). Kincher, Jonni. Free Spirit Publishing, Inc. **(LRDC)**, 1995. 159 p. Order no. 18114 ($34.90 pbk.).

While the previous title, *Psychology for Kids: 40 Fun Tests That Help You Learn About Yourself*, was aimed at getting students to learn about themselves, this book has a different focus. Using the same format, the authors have provided 40 fun experiments that will allow students to learn about other people's attitudes, opinions and perceptions. In addition, there are activities that examine group dynamics, gender differences and communication. An index is provided.
Suggested Use: General Psychology Resource

Psychology for Teenagers Series (Print-Non-Fiction). Please refer to the title: *Girls Are Equal Too: How to Survive: For Teenage Girls.*

Psychology for You (Print-Non-Fiction). Cullis, Tracy, Dolan, Larry and Groves, David. Nelson Thornes Publishers (BHU), 1999. 474 p. ISBN 0-7487-3627-1 ($44.95 pbk.).

While many general reference resources have been written with the first year university student in mind, this British book has been written at a high school level. Research

methods, approaches to psychology, developmental and cognitive psychology are all covered using a readable text and an excellent layout. The photographs, graphs, charts, tables and experiments add to the book's usefulness. An index is included.
Suggested Use: General Psychology Resource

The Psychology of Learning Series (Video). Please refer to the title: *Language Development.*

Psychology: The Adaptive Mind. 1st Canadian ed. (Print-Non-Fiction). Nairne, James, Smith, Martin S. and Lindsay, D. Stephen. Nelson Thomson Learning **(LRDC)**, 2001. 771 p. Order no. 2048 ($78.65 hdc.).

(CAN) For a "Canadianized" version of an American resource, this one does an excellent job of presenting Canadian information and research. Although it has been written with the first year university student in mind, the book's appealing layout makes it accessible to high school students. As with other books of its kind, this resource offers a good general overview of the field of psychology. While most of it applies to social psychology, there is information that is applicable to developmental psychology as well. Psychological research, biological processes, sensation, consciousness, learning, language, emotion, personality, therapy and disorders are all covered. A separate name and subject index are included as is a glossary. Each chapter concludes with a summary and weblinks.

Please note that the weblinks have not been evaluated by Saskatchewan Learning.
Suggested Use: General Psychology Resource, Teacher Reference

Psychology: The Science of Behaviour. 2nd Canadian ed. (Print-Non-Fiction). Carlson, Neil R., et al. Allyn & Bacon Canada **(LRDC)**, 2002. 682 p. Order no. 2005 ($98.75 hdc.).

(CAN) Two University of Alberta professors have created the Canadian component of this resource. The book provides a good overview of psychology with chapters on the science of psychology, psychological research, learning, perception, consciousness, intelligence, life-span development, social psychology and mental disorders. Each chapter begins with an outline, includes word definitions throughout, contains interim summaries, and uses critical thinking issues and cross-cultural research to encourage thinking outside the box. The use of photographs, tables, charts and graphs adds to the appealing layout of the book.

A subject and a name index are included.
Suggested Use: General Psychology Resource; Teacher Reference

Raceoff: A Video Workshop (Video). Entertaining Diversity, Inc. **(MGR)**, 1998. 15 min. Dup. order no. V557 ($FREE).

RACEOFF is a tool that helps viewers with the following:

- to witness how common labels used on people can be limiting and lead to stereotypes
- to confirm that there is no way to discern where one race begins and another ends
- to understand that the way that people describe themselves, and the way that an observer might identify them can be very different
- to recognize that even within certain prescribed groups, individuals might identify themselves in a variety of ways
- to visualize that not all people from certain groups look alike
- to remember that we are all from the human race.

Visual images of people's faces morph into different faces throughout the program thereby making attempts at stereotypical categorization impossible.

The teacher's guide is very useful in enhancing viewers' understanding of the material.
Suggested Use: Psychology 20 - Making Sense of Our World, Who Am I?

Readings in Child Development: A Canadian Perspective (Print-Non-Fiction). Covell, Katherine. Nelson Thomson Learning (NEL), 1995. 366 p. ISBN 0-17-604193-1 ($44.50 hdc.).

(CAN) Intended for university students, this collection of readings contains some excellent ideas that Secondary Level teachers can use. Each of the articles has an introduction, short sub-sections and a conclusion with questions for further discussion. Topic areas such as brain growth, speaking to infants, multicultural education, peer relations and adolescents as decision makers are covered. The scientific results that are addressed in the readings will provide excellent information to support many of the concepts in Psychology 30. An index is included.
Suggested Use: Psychology 30 - General Reference, Teacher Reference

Real People: Violence Prevention: Don't Be a Victim (Video). Sunburst Communications (SUN), 1999. 28 min. Order no. 2946-03 ($139.95).

In this video, viewers will learn specific strategies for keeping safe at school, on the street and on the Internet. The program interweaves on-screen comments by teens about the experiences they have had with a workshop, with expert advice on how to stay safe.

A teacher's guide accompanies the video.
Suggested Use: Psychology 20 - Acting and Interacting in a Social World
Other Use: Life Transitions 20/30

Real People: What Is Hate All About? (Video). Sunburst Communications (SUN), 1998. 24 min. Order no. 2830-03 ($139.95).

This program addresses hate as a problem for adolescents and provides a beginning point of reference for young people to understand the phenomena of racism, homophobia and inter-group hostility due to disability, religion, national origin and gender. The technique of showing real teens talking about hate combined with experts discussing the issue is very effective.

A teacher's guide accompanies the video.
Suggested Use: Psychology 20 - Acting and Interacting in a Social World
Other Use: Life Transitions 20/30

Rebel, Rogue, Mischievous Babe: Stories About Being a Powerful Girl (Print-Non-Fiction). Azam, Sharlene. HarperCollins Canada Ltd. (HCP), 2001. 272 p. ISBN 0-00-638604-0 ($19.95 pbk.)

(CAN) This excellent resource examines several issues that young women face (e.g., body image, sexuality, violence) and uncovers the myths that teens are asked to believe. In addition, there are over 50 personal essays by girls and young women from across Canada. The short articles would be very useful as discussion openers for journal response. Careful screening of this resource is essential to ensure that it meets with community standards.
Suggested Use: Psychology 20 - Making Sense of Our World, Who Am I?
Psychology 30 - Adolescence
Other Use: Life Transitions 20/30

Reclaiming Youth at Risk: Our Hope for the Future (Print-Non-Fiction). Brendtro, Larry K., Brokenleg, Martin and Van Bockern, Steve. National Educational Service (NES), 1990. 100 p. No order number is required. ($21.95 pbk.).

(I/M) The theories of practice explored in this teacher reference book combine the knowledge of youth workers in the European tradition with the Native American philosophy of child rearing. Although printed in 1990, this book is valuable for all educators working with youth in teaching, mentoring or counselling situations. The authors present the notion of

"reclamation" meaning to "recover, redeem, and to restore value of something devalued" as it applies to the difficulties youth face in contemporary society. *Reclaiming Youth at Risk* introduces the components of a reclaiming environment (dependence, mastery, belonging and generosity) essential to the holistic development of the child. The information in this book is presented clearly, and it suggests best practices in working with young people.
Suggested Use: Psychology 30 - Cross-Cultural Perspectives

Relationships (Print-Non-Fiction). Campbell, Judith. (Lifechoices Series). Pearson Education Canada **(LRDC)**, 1996. 120 p. Order no. 7358 ($20.00 pbk.). Teacher's Guide - Order no. 2180 ($59.05 spiral-bound).

(CAN) This highly attractive resource contains a collection of articles, quizzes, case studies, current statistics, charts, graphs and more. The information presented focuses on the concerns and issues about relationships including why they are important in our lives, how to start one and keep it going, how to make relationships work better, and how to cope with changes in a relationship. Included in the student resource is a table of contents.
The teacher's resource provides a detailed outline of the concepts and subconcepts covered in the resource. Background information and related teaching/learning activities are also described. A glossary of terms is provided.
Suggested Use: Psychology 20 - Acting and Interacting in a Social World
Other Use: Life Transitions 20/30

The Relaxation & Stress Reduction Workbook. 5th ed. (Print-Non-Fiction). Davis, Martha, Eshelman, Elizabeth Robbins and McKay, Matthew. New Harbinger Pubns. (RAI), 2000. 294 p. ISBN 1-57224-214-0 ($31.95 pbk.).

This resource offers a simple, concise and step-by-step approach to learning several stress reduction techniques. Following a general discussion about stress, the majority of the book examines the different sources of stress and how to relieve them. In a workbook approach, techniques are offered for breathing, meditation, visualizing, time management, nutrition and exercise. Several drawings, charts and tables supplement the information. An index is included.
Suggested Use: Psychology 20 - Acting and Interacting in a Social World
Other Use: Life Transitions 20/30

Rocks at Whiskey Trench (Video). National Film Board of Canada (NFB), 2000. 106 min. Order no. C9100 062 ($39.95).

(CAN, I/M) During the 1990 Oka crisis, a convoy of cars left the Kahnawake reserve, taking women and children to safety. Rather than safety, they ran into a mob of racists hurling stones and abuse. This incident clearly defined the problems facing aboriginal people in Canada and the difficult road ahead. The events at Oka and the tragedy of Whiskey Trench have become a defining moment in the relations between First Nations and Canadians. The video attempts to heal the wounds of racism and points towards a more positive future.
Suggested Use: Psychology 20 - Acting and Interacting in a Social World, Cross-Cultural Perspectives

The Sacred Tree. 2nd ed. (Print-Non-Fiction). Bopp, Judie, et al. Four Worlds International Institute **(LRDC)**, 1985. 82 p. Order no. 12838 ($12.60 pbk.).

(CAN, I/M) Evocative black-and-white symbols and drawings in this resource illustrate the symbolic teachings of the Sacred Tree, Medicine Wheel, First Principles and Gifts of the Four Directions. This book demonstrates the effective use of symbolism to define and explain difficult abstract concepts.
Suggested Use: Psychology 20 - Cross-Cultural Perspectives
Psychology 30 - Cross-Cultural Perspectives

Schizophrenia: Reaching Out (The Importance of Early Treatment) (Video). British Columbia Schizophrenia Society **(MGR)**, 22 min. Order no. V613. Teacher's Guide. Order no. G613 ($FREE).

(CAN) In this program, a team of presenters, consisting of persons who have schizophrenia, family members and mental health professionals share their personal stories and experiences with a very complex disease of the brain called schizophrenia. Those directly affected provide vivid and detailed evidence of how an imbalance in their brain chemistry can cause them to experience perceptual changes in what they see, hear, taste, touch or smell. They explain, as well, how this different reality and sense of self makes it very difficult for them to explain to others what they feel and think and that consequently they are often not believed or understood. The outcome is generally that these persons begin increasingly to isolate themselves and become more and more suspicious. Street drugs and alcohol can trigger the symptoms in those persons who are genetically or otherwise predisposed to schizophrenia. The program goes on to describe that medications, called neuroleptics, can correct the biochemical imbalance allowing persons to live a more normal life.
Suggested Use: Psychology 20 - Acting and Interacting in a Social World
Other Use: Health Education: Grades 6 to 9; Life Transitions 20/30

The Science Times Book of the Brain (Print-Non-Fiction). Wade, Nicholas, ed. Lyons Press (FHW), 1998. 242 p. ISBN 1-55821-653-7 ($40.95 hdc.).

Over the course of several years, the *New York Times* has presented some of the latest scientific information to its readers. The best short articles related to the brain have been placed in this volume. The topics are diverse, interesting and appealing to students. Chapters on mood, emotions, senses, dreams and growing a mind all do an excellent job of encouraging an understanding of the brain and how it functions.
Suggested Use: Psychology 20 - Who Am I?

Self-Discipline: Using Portfolios to Help Students Develop Self-Awareness, Manage Emotions and Build Relationships (Print-Non-Fiction). Kerr, Rob. Pembroke Publishers Limited (PPL), 1999. 120 p. ISBN 1-555138-104-4 ($18.95 pbk.).

(CAN) This resource offers several excellent exercises that involve students in real-life scenarios. The first chapter provides background on using portfolios in these situations and then deals with self-awareness, managing emotions, building relationships and proof of growth. The layout is very teacher friendly as each exercise is on a two-page spread and is concise in its makeup. An index is included.
Suggested Use: Psychology 20 - Making Sense of Our World
Psychology 30 - Adolescence; Middle Childhood
Other Use: Career and Work Exploration; Life Transitions 20/30

Sex, Power, & the Violent School Girl (Print-Non-Fiction). Artz, Sibylle. Trifolium Books Inc. (TFB), 1998. 248 p. ISBN 1-895579-41-4 ($29.95 pbk.).

(CAN) As the media reports an apparent increase in the number of violent incidents among young women, the general public asks how and why this is happening. The author uses six case studies to present findings that indicate that this disturbing phenomenon must be understood in the context of other gender issues and the girls' own sense of powerlessness. Following a general discussion concerning the theories of female violence, each of the case studies provides an excellent discussion starter for connecting reality to theories. The book is well researched and documented, with several tables and charts supporting the cases. An index is provided.
Suggested Use: Psychology 20 - Acting and Interacting in a Social World, Teacher Reference

Shaping Youngest Minds: How to Grow a Brain (Video). Learning Seed Company (KIN), 1999. 24 min. Order no. 1172/1120 ($129.00).

Starting with the assumption that an infant's brain is both inherited and grown, this video provides interesting information on the nurture aspect. If a child is neglected or abused, her/his brain will develop much differently from that of a child who is raised in a nurturing home.
Suggested Use: Psychology 30 - Early Childhood, Infancy

Simple Beginnings?: Child Development From Birth to Age Five (Video). Films for the Humanities & Sciences Inc. (KIN), 1996. 24 min. No order number is required. ($159.00).

Several key topics in developmental psychology are discussed in this video. Experiments to judge infants' short-term memory and their reactions to their mothers versus strangers are conducted. The ability to discriminate between biodynamic and nonbiodynamic motion is also examined. The role of the parent in encouraging language development is stressed.
Suggested Use: Psychology 30 - Early Childhood, Infancy

Simply Psychology (Print-Non-Fiction). Eysenck, Michael W. Taylor & Francis, Inc. **(LRDC)**, 1996. 432 p. Order no. 2367 ($51.20 pbk.).

As the title suggests, this British resource has presented the basics of psychology in the simplest of formats. There is nothing glossy about this book, but it does present the information in a clear and concise manner. The excellent use of highlight boxes in each chapter is very effective at drawing students' attention to key points. The emphasis of the book is to present psychology from a behaviourist, developmental, social and cognitive approach. An index is included.
Suggested Use: General Psychology Resource, Teacher Reference

Social Psychology. Canadian ed. (Print-Non-Fiction). Aronson, Elliot, et al. Prentice Hall Inc. **(LRDC)**, 2001. 732 p. Order no. 18185 ($93.15 hdc.).

(CAN) This resource provides an excellent overview of the field of social psychology. Written for university students, the book is also very accessible to high school students. The book has a very real-world tone as it attempts to connect the realities of a student's life to psychological concepts. Following an introduction to social psychology, the book looks at topics such as how we think about the world, how we understand other people and ourselves, the influence that ideas and people have on us, relationships, aggression and prejudice. There are also three chapters dealing with the connection of social psychology to health, the environment and the law. The book is well illustrated with colour photographs, drawings, cartoons, graphs and tables. An index and a glossary are included.
Suggested Use: Psychology 20 - General Reference, Teacher Reference

Stand! Introductory Psychology: Contending Ideas and Opinions (Print-Non-Fiction). Freberg, Laura, ed. Coursewise Publishing (COU), 1999. 189 p. ISBN 0-395-97398-8 ($9.95 U.S. pbk.).

This resource takes a very different approach to psychology. Rather than implementing a regular textbook view, the editors have collected a number of articles dealing with real-world issues connected to psychology. Some of the issues discussed include recovered memories of childhood sexual abuse, sexual orientation, genes and IQ, animals in research, chronic fatigue syndrome and attention deficit disorder. Although the articles are meant for first year university students, the issues will appeal to a high school class. Because the articles have been filtered through the publisher's editors, further research may be necessary. For this reason, the resource can encourage dialectic discussion. An index is included.
Suggested Use: Psychology 20 - General Reference, Teacher Reference

Straight Talk About Teenage Pregnancy (Print-Non-Fiction). Edelson, Paula. Facts On File, Inc. **(LRDC)**, 1999. 136 p. Order no. 2514 ($38.85 hdc.).

In this straightforward resource, students are presented with facts, options and case studies. Some of the areas dealt with include responsible sexual behaviour, the consequences of teenage pregnancy, ways to avoid it and methods for coping with it. Although it is an American resource, Canadian agencies are also listed for further information. An index is included.
Suggested Use: Psychology 30 - Adolescence
Other Use: Life Transitions 20/30

Straight Talk About Today's Families (Print-Non-Fiction). Presma, Frances and Edelson, Paula. Facts On File, Inc. **(LRDC)**, 1999. 136 p. Order no. 2366 ($34.10 hdc.).

The family structure has changed dramatically over the last few years, and this resource provides excellent background information to help students understand the changes that have occurred. The book is specifically aimed at teenagers who are living in a non-traditional family arrangement. It provides very practical advice on the benefits and problems that may exist. An index is included.
Suggested Use: Psychology 20 - Acting and Interacting in a Social World
Psychology 30 - Adolescence
Other Use: Life Transitions 20/30

The Struggle to Be Strong: True Stories by Teens About Overcoming Tough Times (Print-Non-Fiction). Desetta, Al and Wolin, Sybil, eds. Free Spirit Publishing, Inc. **(LRDC)**, 2000. 179 p. Order no. 18115 ($29.45 pbk.).

In this collection of first-person accounts, several teens discuss the problems that they have faced and overcome using resilience. The problems range from abuse and AIDS to dating, depression, sexuality and body image. Each of the stories is short, easy to read and contains questions for further reflection at the end. An index and a glossary are included.
Suggested Use: Psychology 20 - Acting and Interacting in a Social World
Psychology 30 - Adolescence
Other Use: Life Transitions 20/30

Student Workshop: Anger-Management Skills (Video). Sunburst Communications (SUN), 1999. 40 min. Order no. 2812-03 ($169.95).

Designed as a workshop to teach anger management skills to adolescents, this video centres around eight high school students and their guidance counsellor as they go on a weekend retreat for the purpose of studying anger and how to deal with it. In three parts, the program addresses anger triggers and cues, anger styles and consequences and dealing with anger.
The accompanying print material includes information sheets, exercises, activities and directed role plays.
Suggested Use: Psychology 20 - Acting and Interacting in a Social World
Other Use: Life Transitions 20/30

Suicide: A Guide to Prevention (Video). NoodleHead Network (MCI), 1998. 24 min. Order no. 353600 ($139.00).

This video informs viewers that potential teen suicide victims almost always reveal their intentions to at least one person. *Suicide: A Guide to Prevention*, was produced to help take the guesswork out of intervening by showing teens how to recognize warning signs and what to do about them. Clear messages from two young people who attempted suicide reinforce the strong message given.

The leader's guide gives clear cautionary notes to heed before showing the video.
Suggested Use: Psychology 20 - Acting and Interacting in a Social World
Psychology 30 - Adolescence
Other Use: Life Transitions 20/30

Teen Alcoholism (Print-Non-Fiction). Egendorf, Laura K., ed. (Contemporary Issues Companion Series). Greenhaven Press (SBC), 2001. 138 p. ISBN 0-7377-0682-1 ($27.25 pbk.).

This series of books does an excellent job of presenting current information in a user friendly approach. In a series of short articles, several elements of teen alcoholism are presented. The causes are examined in articles dealing with parents, societal attitudes and advertising. The effects of teenage drinking and the solutions are also dealt with in several articles. Conflicting arguments are usually given for each topic. An index is provided.
Suggested Use: Psychology 20 - Acting and Interacting in a Social World
Psychology 30 - Adolescence
Other Use: Life Transitions 20/30

A Teen Eating Disorder Prevention Book Series (Print-Non-Fiction). Rosen Publishing Group **(LRDC)**, 1999. Order numbers follow.

Recommended titles in this series include the following:

Understanding Bulimia Nervosa
Order no. 18116 ($28.65)
Understanding Recovery From Eating Disorders
Order no. 18117 ($28.65)
Understanding Negative Body Image
Order no. 2283 ($28.25).

This excellent series of books has been written specifically for high school students, and it offers very practical and concise information. The authors have provided psychological reasons to understand the problem in each of these titles. While the presentation is not glossy or illustrated, the text is easy to read, and key points are presented in highlight boxes. An index and a glossary are included.
Suggested Use: Psychology 20 - Acting and Interacting in a Social World
Psychology 30 - Adolescence
Other Use: Life Transitions 20/30

Teen Eating Disorders (Print-Non-Fiction). Vollstadt, Elizabeth Weiss. (Lucent Overview Series). Lucent Books, Inc. (SBC), 1999. 112 p. ISBN 1-56006-516-8 ($37.45 hdc.).

In this straightforward, high school oriented book, the author has put together an excellent source of information on a very pressing teen issue. A definition of eating disorders is presented with a discussion on the causes, treatment and prevention. A special emphasis is placed on the influence of the media. The text is easy to read and the use of photographs and cartoons supplements the key points. An index and a glossary are included.
Suggested Use: Psychology 20 - Acting and Interacting in a Social World
Psychology 30 - Adolescence
Other Use: Life Transitions 20/30

Teen Suicide (Print-Non-Fiction). Roleff, Tamara L., ed. (At Issue Series). Greenhaven Press **(LRDC),** 2000. 108 p. Order no. 2217 ($19.30 pbk.)

In this anthology, several authors have contributed articles and viewpoints connected to the issue of teen suicide. Not only will students get an excellent grounding in the issue, but the book also encourages critical thinking skills. Most of the articles examine the causes of teen suicide. Conflicting viewpoints are given on whether homosexuality, guns, substance abuse or heavy metal music are contributing factors. Each of the short articles is well researched and documented. An index is included.
Suggested Use: Psychology 20 - Acting and Interacting in a Social World
Psychology 30 - Adolescence
Other Use: Life Transitions 20/30

A Textbook of Social Psychology. 5th ed. (Print-Non-Fiction). Alcock, J. E., Carment, D. W. and Sadava, S. W. Prentice Hall Inc. **(LRDC)**, 2001. 588 p. Order no. 18184 ($89.65 hdc.).

(CAN) Rather than tacking on a Canadian author to add local flavour, this excellent resource has been created from start to finish

by Canadians. The book encourages students to think about the psychology of social behaviour in the context of Canadian society and culture. As an example of how this resource is truly Canadian, there is even a chapter on the social psychology of bilingualism. Understanding your social world, influencing others, friends and enemies, people in groups and social psychology in action are the key areas covered. While glossy colour photographs do not dominate the format, the information is excellent. An index and a glossary are included.
Suggested Use: Psychology 20 - General Reference, Teacher Reference

Through a Blue Lens (Video). National Film Board of Canada (NFB), 1999. 53 min. Order no. C9199 117 ($39.95).

(CAN) The images are powerful and the language is course, but the effect of this video is moving. Seven police officers, who patrol Vancouver's Downtown Eastside district, began to document the lives of drug addicts on their beat. Using these videos, the officers have gone into schools with a strong anti-drug message. Not only is this video a powerful and effective educational tool concerning the perils of drug use, but it also relays a compassionate image of the addicts themselves. Previewing is essential before classroom use.
Suggested Use: Psychology 20 - Acting and Interacting in a Social World
Other Use: Law 30; Life Transitions 20/30

To Colonize a People: The File Hills Indian Farm Colony (Video). Blue Thunderbird Productions (BLT), 2000. 60 min. No order number is required. ($150.00).

(CAN, I/M) This video profiles William Graham, the Indian Agent for File Hills, and how he used his experimental farm colony as a social experiment to assimilate the Cree. The demoralizing impact that this experiment has had is also discussed. The video provides a good study of how aboriginal people were dealt with by the Canadian government in the late 1800s.
Suggested Use: Psychology 20 - Cross-Cultural Perspectives, Making Sense of Our World

Tough Guise: Violence, Media and the Crisis in Masculinity (Video). Media Education Foundation (KIN), 1999. 40 min. Order no. 2505/0685 ($249.00).

Tough Guise is an educational video geared to encourage students to examine systematically the relationship between images of popular culture and the social construction of masculine identities at the dawn of the 21st century. The video is extensively illustrated with examples taken from popular culture, ranging from Howard Stern to Stone Cold Steve Austin, from *Good Will Hunting* to *Boyz N the Hood*, from Garth Brooks to hip hop styles. This look into the nature of masculinity offers thought-provoking perspectives into the school tragedies at Columbine and elsewhere, as well as what the crises of masculinity mean to today's young women.

Careful consideration needs to be given before showing this video to students. It contains references to both sexual and violent situations and may be considered offensive. Teachers should consult their local selection policy before using this with a class.
Suggested Use: Psychology 20 - Making Sense of Our World
Other Use: English Language Arts 20; Life Transitions 20/30; Social Studies 20/History 20

Troublesome Children. Rev. 2nd ed. (Print-Non-Fiction). Shamsie, Jalal. Institute for the Study of Antisocial Behavior (IAB), 1999. 55 p. ISBN 0-9680015-0-5 ($15.00 pbk.).

(CAN) This is an easy-to-use guide to understanding and managing youth with Attention Deficit Hyperactivity Disorder, Oppositional Defiant Disorder and Conduct Disorder. For each of these disorders, the book provides a very concise discussion of

the characteristics, diagnosis, incidence and treatment. The book also provides a quick reference guide that summarizes the main points regarding each disorder.
Suggested Use: Psychology 20 - Who Am I? Psychology 30 - Early Childhood, Middle Childhood

Understanding Psychological Research: An Introduction to Methods. 1st ed. (Print-Non-Fiction). St. Jean, Richard. Prentice Hall Inc. (PRN), 2001. 184 p. ISBN 0-13-027027-X ($39.05 pbk.).

(CAN) While written for a university level class, this resource offers some excellent information for the high school teacher. Several research methods are discussed as well as types of experiments. Observational and self-report research are explained and experimental methods such as between-subjects, factorial and within-subjects are included. An index is included.
Suggested Use: Psychology 20 - Defining Social Psychology, Teacher Reference Psychology 30 - Defining Developmental Psychology, Teacher Reference

Understanding Psychology (Print-Non-Fiction). Kasschau, Richard A. Glencoe/McGraw Hill **(LRDC)**, 2001. 674 p. Order no. 5572 ($89.90 hdc.).

This is an excellent resource that has been written specifically for the high school market. The book is well organized, easy to read and deals with most areas of psychology in a factual way. Diagrams, cartoons, colour photographs, inserts, case studies, experiments to try and weblinks add to the effectiveness of the book. Chapter topics include the life span, how the mind and body work, learning, personality, mental disorders and social psychology. A major drawback to the book is the lack of Canadian content. An index and a glossary are included.

Please note that the weblinks have not been evaluated by Saskatchewan Learning.
Suggested Use: General Psychology Resource

Understanding Psychology (Print-Non-Fiction). Robbins, Paul R. J. Weston Walch Pub. (JWWP), 1995. 180 p. ISBN 0-8251-2706-8 ($17.95 U.S. pbk.).

The J. Weston Walch Company is known for its student friendly resources, and this one is no exception. Written for the high school student, the book provides a good overview to the field of psychology. Chapters include information on the methods of psychology, biology and behaviour, the basic mental processes, personality, human development, abnormal psychology and psychotherapy. Questions and activities are included at the end of each chapter. An index and a glossary are included.
Suggested Use: General Psychology Resource

Very Short Introductions Series (Print-Non-Fiction). Please refer to the title: *Psychology: A Very Short Introduction.*

Violence in the Media (Print-Non-Fiction). Torr, James D., ed. (Current Controversies Series). Greenhaven Press (SBC), 2001. 155 p. ISBN 0-7377-0455-1 ($27.25 pbk.).

Each new incident of violence perpetuated by young people usually causes an outcry to ban violence in the media. This American book examines all sides of the issue in several articles. Some articles indicate that violence in the media does make children more violent and that music and video games contribute to this increase. Other writers argue that restricting access causes more problems than it solves and that it is guns that are the biggest problem. While the articles are easy to read and interesting to high school students, the content will need to be supplemented by the Canadian point of view. An index is included.
Suggested Use: Psychology 20 - Making Sense of Our World
Other Use: English Language Arts 20; Life Transitions 20/30

Wake Up to Your Dreams (Print-Non-Fiction). Collier, Sandra. Scholastic Canada Ltd. (SCH), 1996. 116 p. ISBN 0-590-24761-1 ($5.99 pbk.).

For the reluctant student, this small book may be just the thing to encourage further research. The easy-to-read text provides good background information about dreams. Their symbols and meanings are interpreted, and students are shown how to keep a dream journal. A distinction is made between children's and adults' dreams. An index is included.
Suggested Use: Psychology 20 - Who Am I?

The Way of the Pipe: Aboriginal Spirituality and Symbolic Healing in Canadian Prisons (Print-Non-Fiction). Waldram, James B. Broadview Press (BRD), 1997. 233 p. ISBN 1-55111-159-4 ($19.95 pbk.).

(CAN, I/M) Medical anthropologist James B. Waldram probes into the history of aboriginal spirituality and its current resurgence within the aboriginal prison population. As a result of hundreds of interviews with inmates and Elders involved in a number of prisons, Waldram reports his findings in a readable format that is accessible as a student or teacher reference. The book takes a critical look at the current incarceration practices of Canadian prisons and discusses whether spiritual therapy makes a difference. *The Way of the Pipe* provides sufficient background and context for the reader to understand the validity of aboriginal worldview while not prejudicing the western scientific view on healing. An index is included.
Suggested Use: Psychology 20 - Cross-Cultural Perspectives, Making Sense of Our World
Other Use: Law 30

Welcome to Parenting: The First Six Years; L'Aventure Parentale: Les Zero a Six Ans (Video). Health Canada (FSC), 1997. 125 min. No order number is required. ($17.99).

(CAN) Produced by Health Canada, this entertaining and informative video is aimed at new parents. The tape consists of five separate programs, lasting 15-to-25 minutes each. The first program addresses concerns that new parents may have and helps them to cope with the changes that will occur in their lifestyle when a new baby arrives. The other four programs provide very practical advice about the mental, physical and emotional development of children as well as the importance of safety.
Suggested Use: Psychology 30 - Early Childhood, Infancy
Other Use: Life Transitions 20/30

When the Brain Dies First (Print-Non-Fiction). Hyde, Margaret O. and Setaro, John F. Watts, Franklin, Inc. (GRO), 2000. 144 p. ISBN 0-531-11543-7 ($25.50 hdc.).

The Franklin Watts publishing house has a reputation of producing high quality student-oriented resources, and this book follows in that tradition. The book examines the functions of the brain and what happens when an injury occurs in an easy-to-read format with photographs and drawings. Several brain disorders and methods of treatment are also examined. An index and a glossary are included.
Suggested Use: Psychology 20 - Who Am I?

When Women Kill (Video). National Film Board of Canada (NFB), 1994. 48 min. Order no. 9194 002 ($39.95).

(CAN) In this powerful documentary, three women discuss the litany of beatings that eventually led them to kill their partners. The film does not sensationalize the events with re-enactments, but the terror is aptly conveyed as viewers listen to the women. Background information is provided on how society and the law have traditionally treated women who kill. An emphasis is placed on understanding the Battered Women Syndrome.
Suggested Use: Psychology 20 - Acting and Interacting in a Social World
Other Use: Law 30

Where's Your Head?: Psychology for Teenagers. 2nd ed. (Print-Non-Fiction). Carlson, Dale and Carlson, Hannah. Bick Publishing House (**LRDC**), 1998. 298 p. Order no. 5439 ($18.90 U.S. pbk.).

Similar to the author's other books, a combination of readable text, humour and interesting content has led to an excellent resource for students. Addressing herself directly to young people, the author writes about many of the issues that adolescents are facing. In effect, the author is providing a book packed with psychological survival skills to make living in this world easier. Behaviour patterns, therapy, personality, relationships, mental illness and the brain are just a few of the topics discussed. An index is included.
Suggested Use: Psychology 20 - Making Sense of Our World, Who Am I? Psychology 30 - Adolescence
Other Use: Life Transitions 20/30

Why Ads Work: The Power of Self-Deception (Video). Learning Seed Company (KIN), 2000. 21 min. Order no. 1149/1120 ($129.00).

The use of language in advertising and how it is used to redirect, mislead, reassure, convince, exaggerate and minimize is explored in this program. The entertaining and informative video demonstrates to viewers that very carefully constructed advertising language often leads to an understanding gap that benefits advertisers. It also shows how less-than-careful listening or reading on the part of consumers contributes to disappointment. This type of consumer education is very important because of the increased sophistication of advertising.
Suggested Use: Psychology 20 - Making Sense of Our World
Other Use: Career Guidance: Middle Level; English Language Arts 20; Social Studies: Grades 7-9

The Youngest Minds: Parenting and Genes in the Development of Intellect and Emotion (Print-Non-Fiction). Barnet, Ann B. and Barnet, Richard J. Simon & Schuster, Inc. (DIS), 1998. 352 p. ISBN 0-684-85440-6 ($21.00 pbk.).

Intended as a guide for parents and caregivers, this resource provides excellent insight into how a child's brain develops during the first few critical months and years of life. It explains the essentials of a healthy parent-child relationship and how this leads to a child who is balanced in his/her development. Genetic factors and environmental factors are all examined. An index is included.
Suggested Use: Psychology 30 - Early Childhood, Infancy
Other Use: Life Transitions 20/30

Index of Suggested Uses

Please note that the titles in this list are truncated. The complete titles appear in the citations for each resource.

General Resources for Psychology 20 and 30

Aspects of Psychology Series
Beginning Psychology
Dictionary of Psychology
Discovering Psychology Series
Mind Matters
Psychology: A Very Short Introduction
Psychology for Kids: 40 Fun Tests That
Psychology for Kids II: 40 Fun Experiments
Psychology for You
Understanding Psychology (Kasschau)
Understanding Psychology (Robbins)

Teacher References for Psychology 20 and 30

The Corsini Encyclopedia of Psychology
Essentials of Psychology
Psychology (Baron)
Psychology (Lefton)
Psychology (Myers)
Psychology (Wade)
Psychology: An Introduction
Psychology: The Adaptive Mind
Psychology: The Science of Behaviour
Simply Psychology

Psychology 20 Resources

Defining Social Psychology

How to Think Like a Psychologist
How to Think Straight About Psychology
Understanding Psychological Research: An

Who Am I?

Adolescent Portraits: Identity Relationships
Anorexia
Antisocial and Violent Youth: Research
Brain Sex (Episodes 1-3)
Brain Story: Unlocking Our Inner World
Brains That Work a Little Bit Differently
Building Left-Brain Power: Left-Brain
Canada's Teens: Today, Yesterday
A Celebration of Differences
The Encyclopedia of Depression
The Encyclopedia of Memory and Memory
Incredible Optical Illusions: A Spectacular
Memory
Raceoff: A Video Workshop
Rebel, Rogue, Mischievous Babe: Stories
The Science Times Book of the Brain
Troublesome Children
Wake Up to Your Dreams
When the Brain Dies First
Where's Your Head?: Psychology

Making Sense of Our World

Adolescent Portraits: Identity, Relationships
Advertising and the End of the World
Advertising: Information or Manipulation?
Being a Man
Beyond the Looking Glass
Boys Will Be Men: Raising Our Sons for
Brain Sex (Episodes 1-3)
Brand Marketing: Why We Eat, Drink, and
Ethnic Man!
Family Ties That Bind: A Self-Help Guide
Girls Are Equal Too: How to Survive: For
Introduction to Psychology and Law:
Killing Us Softly 3: Advertising's Image
Lost
Male/Female Roles
Propaganda and Persuasion
Raceoff: A Video Workshop
Rebel, Rogue, Mischievous Babe: Stories
Self-Discipline: Using Portfolios to Help
To Colonize a People: The File Hills
Tough Guise: Violence, Media and the
Violence in the Media
The Way of the Pipe
Where's Your Head?: Psychology for
Why Ads Work: The Power of Self-Deception

Acting and Interacting in a Social World

Addiction
Alcoholism
Anorexia
Antisocial and Violent Youth: Research
Binge Drinking: The Facts
Brains That Work a Little Bit Differently
Breaking Free From Partner Abuse: Voices
Can You Relate?: Real-World Advice for
Canadian Families: Diversity, Conflict
Drawing the Line
The Canadian Family in Crisis
Canadian Profile: Alcohol, Tobacco and
Chasing Lightning: Gambling in Canada
Child Abuse
Coping With Stress
Domestic Violence
The Encyclopedia of Depression
Euthanasia
Expressing Anger: Healthy vs. Unhealthy
Facing Fears: The Sourcebook for Phobias
Family Ties That Bind: A Self-Help Guide
Family Violence
The Famine Within
Fighting Invisible Tigers
Gay and Lesbians Youth
Girls Are Equal Too: How to Survive: For
Helping Your Teen Overcome Depression: A
Highs! Over 150
Hills and Valleys
Hollow Water
Human Sexuality
Human Sexuality Series
In Love and in Danger
In Other Words
A Love That Kills
Mental Health
A Monster's Calling
The Myth of the Perfect Body
Obesity
One of Them
One Survivor's Message: Don't Kill Yours
The Other Side of Blue: The Truth About
Propaganda and Persuasion
Real People: Violence Prevention: Don't
Real People: What Is Hate All About?
Relationships
The Relaxation & Stress Reduction
Rocks at Whiskey Trench
Schizophrenia: Reaching Out
Sex, Power, & the Violent School Girl
Straight Talk About Today's Families
The Struggle to Be Strong: True Stories
Student Workshop: Anger-Management
Suicide: A Guide to Prevention
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Teen Eating Disorders
Teen Suicide
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When Women Kill

General Reference – Psychology 20

Looking Out/Looking In: Interpersonal
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Stand! Introductory Psychology:
A Textbook of Social Psychology

Teacher Reference – Psychology 20

Adolescent Portraits: Identity, Relationships
Canadian Families
The Canadian Family in Crisis
How to Think Like a Psychologist:
How to Think Straight About Psychology
Introduction to Psychology and Law:
Sex, Power, & the Violent School Girl
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Hollow Water
In a Sacred Manner I Live: Native American
Rocks at Whiskey Trench
The Sacred Tree
To Colonize a People: The File Hills
The Way of the Pipe: Aboriginal Spirituality

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Defining Developmental Psychology

How to Think Like a Psychologist: Critic
How to Think Straight About Psychology
Understanding Psychological Research: An

Infancy

A to Z of Child Development: From Birth
The First Years Last Forever
Language Development
Myths of Childhood Series
Shaping Youngest Minds: How to Grow
Simple Beginnings?: Child Development
Welcome to Parenting: The First Six Years
The Youngest Minds: Parenting and Genes

Early Childhood

A to Z of Child Development: From Birth
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